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Choosing the Right Diet for Success: With Lasting Results

By Pennie Mae Cartawick

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 128 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Help choose the right diet for success and achieve your goal and more importantly, keep those pesky pounds away for good. Dieting doesn't have to be a chore; it can be part of a wonderful lifestyle with lasting results. My Introduction has a few examples of supplements and exercise programs to think about. The book contents contain weekly meal plans, recipes and insight of other various methods for choosing the right diet and fitness strategies that works best for you so losing weight and maintaining it can be an enjoyable life long experience. The one problem people face is not having the right plan to follow: You will have a better insight about Choosing the Right Diet for Success after reading my book and be closer to achieving your weight loss goals. Introduction: The Importance of Knowing What Diet Is Best For You Low Calorie Intake The 1800 Calorie Diet Set Your Metabolism on Fire A Healthy Start with a Low Carbohydrate Diet The Paleo Diet: The Caveman Era The Gluten-Free Diet The Juice Purge Diet Fat Fighting...



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