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Fast and Healthy 12 Day Diet: Jump Start your metabolism with everyday foods; lose weight and learn new habits along the way

Carlen Hultgren

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Are you a vegetarian (or meat eater) looking to lose weight in a healthy manner and keep it off? If that is the case, The Fast and Healthy 12 Day diet is the book for you. Using ordinary foods that you eat every day, it will not only enable you to lose weight fast, but will also get you on the path to a new and healthier lifestyle by making some uncomplicated changes to your life. It is a simple, step by step process that uses regular grocery store foods that are likely, or easily could be, in your refrigerator right now. You are lead through the 12 days, the foods you eat, how much and when, and given guidance for continuing healthy eating habits after the 12 days. Even if you choose not to follow the diet, this book is packed with information that can change the way you look at food and your own eating habits, leading to a healthier, leaner you.
The goals of this 12 day diet are to:
• Jump Start your metabolism
• Wean you off sugar, salt and fat (for the 12 days)
• Begin to build sensible lifestyle habits that are easy to maintain long term
• Lose fat pounds
This program is a short term Jump Start to the long term goal of sustainable healthy eating habits. Taken to heart, it will lead to improved food choices, a regular (and manageable) exercise routine and will get your body on track for lasting health and fitness. The bonus is: losing weight is a natural byproduct of making these simple changes to your day. Consistent, healthy lifestyle choices will enable your body to work efficiently and naturally using nourishment to support YOUR healthy body weight.
Included is a detailed, sample 12 day meal planner, which you can use as is, or substitute your favorite foods where you like.
It’s 12 days; what do you have to lose, except unwanted fat and bad habits?

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David Mathews:

With this era which is the greater man or who has ability in doing something more are more valuable than other. Do you want to become certainly one of it? It is just simple solution to have that. What you must do is just spending your time almost no but quite enough to enjoy a look at some books. On the list of books in the top listing in your reading list is usually Fast and Healthy 12 Day Diet: Jump Start your metabolism with everyday foods; lose weight and learn new habits along the way. This book that is certainly qualified as The Hungry Mountains can get you closer in turning into precious person. By looking upwards and review this book you can get many advantages.

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