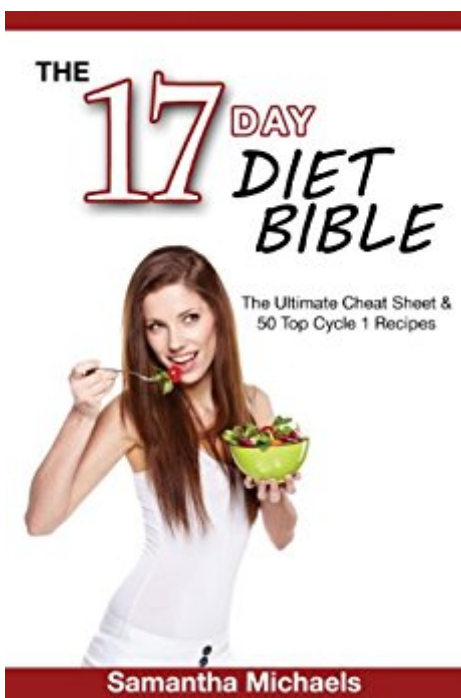


The book was found

17 Day Diet Bible: The Ultimate Cheat Sheet & 50 Top Cycle 1 Recipes



Synopsis

The 17 Day Diet Bible offers a safe, effective and lasting way for shedding some pounds. Unlike many programs that will just starve you to lose weight, this encourages you to eat well and exercises well to lose those pounds. The program walks you through from detoxification to eating well and losing pounds permanently. The step by step cheat sheet will help you document progress and it also makes implementing this diet easy. The 17 Day Diet Bible also helps you avoid mistakes dieters tend to make but instead, it will help you to rapid weight loss safely, effectively and permanently. This is a simple plan to follow with long lasting results if you really put your heart into it. The 17 Day Diet Bible also comes with 50 delicious, healthy and diet friendly recipes that can go along with your diet.

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Customer Reviews

I am on day 6 of the 17 day diet (cycle 1) and I have already lost 4 1/2 lbs. My son is on day 5 and

he has lost 7 lbs. This is a great diet if you love veggies, fruits, and lean meats. You CAN'T cheat on this diet or it will not work. You can't do it 75% of the time and expect to have results. The book is written in a simple, easy to follow format. It does not lecture you and it is not full of medical terms and statistics. It differs from Atkins in that the foods are easy to prepare and realistic for normal, everyday people. There are no fancy foods/meals that you have to prepare. This diet includes everyday foods that you can buy in your local Walmart. There are no expensive drinks or bars to buy. The only downside to this diet that I have found is that I have had a constant headache. The first 2 days were the hardest for me, but each day is better and I am thrilled with the weight loss so far. I am never hungry and at the end of the day, I feel great about my accomplishment. I am so thankful that I found this book! The 17 Day Diet Bible offers a safe, effective and lasting way for shedding some pounds. Unlike many programs that will just starve you to lose weight, this encourages you to eat well and exercises well to lose those pounds. The 17 Day Diet Bible also comes with 50 delicious, healthy and diet friendly recipes that can go along with your diet. It comes with a diet diary and workout planner to help you along with the diet program. The planner helps you monitor your progress and what you have eaten and help make planning easier and the diet more effective.

I have been trying to lose weight for a little bit now. I've seen a personal trainer, I have a gym membership and I watch what I eat very carefully. This book was very well written and easy to read. I have found a ton of helpful hint in this book than I have since I've been trying to lose weight. The program walks you through from detoxification to eating well and losing pounds permanently. The step by step cheat sheet will help you document progress and it also makes implementing this diet easy. The 17 Day Diet Bible also helps you avoid mistakes dieters tend to make but instead, it will help you to rapid weight loss safely, effectively and permanently. This is a simple plan to follow with long lasting results if you really put your heart into it. The 17 Day Diet Bible also comes with 50 delicious, healthy and diet friendly recipes that can go along with your diet. The 17 Day Diet Bible: The Ultimate Cheat Sheet is by far the most informative and sensible diet plan I have read in a quite a while. The recipes were fantastic; I found all the snacks and recipes were based on real food that I had readily available, not a bunch of special supplements that are involved in other diet plans. The recipe instructions are all very easy to follow and leave no room for error, resulting in a perfect dish without fail. My favorites were the Greek Chicken Patties and the Turkey Meatballs, both tasted very good and were easy to make. Would definitely recommend this book for those looking to start the dieting process.*I received this product at a deep discount for my honest and unbiased opinion.

This 17 day diet bible is amazing! Starting with the simple detox put my body on the right track and afterward I added what I learned about water therapy which taught about not only how much water I consume but also the timing of my water consumption is just as important. In my mind I was thinking healthy food will not taste good but I was so wrong, these recipes taste so good, I wonder what took me so long but I am now hooked on this book, it has truly changed my life for the better. Disclaimer: I received this book for free in exchange for an honest and unbiased review.

The 17 Day Diet Bible offers a safe, effective and lasting way for shedding some pounds. Unlike many programs that will just starve you to lose weight, this encourages you to eat well and exercises well to lose those pounds. The program walks you through from detoxification to eating well and losing pounds permanently. The step by step cheat sheet will help you document progress and it also makes implementing this diet easy. The 17 Day Diet Bible also helps you avoid mistakes dieters tend to make but instead, it will help you to rapid weight loss safely, effectively and permanently. This is a simple plan to follow with long lasting results if you really put your heart into it. The 17 Day Diet Bible also comes with 50 delicious, healthy and diet friendly recipes that can go along with your diet. The 17 Day Diet Bible: The Ultimate Cheat Sheet is by far the most informative and sensible diet plan I have read in a quite a while. This e-book contains a lot of great information regarding the correlation between blood types and weight loss. I found this to be very interesting. Like so many others, I am searching for a healthy way to drop some unwanted pounds before the summer is upon us. I have read almost half a dozen diet books lately, and some are really scary wanting you to eat 500 calories for two days a week or eat only meat, which would make my cholesterol numbers skyrocket. This plan seems like something I could follow without too much trouble, and that is the key to a success weight loss program -- being able to follow through with it and not feel deprived. I also saw a number of yummy looking recipes I am going to have to try. Great read! The book addresses the issue of weight loss. I figured this is a book that I would need in order to help me overcome my battle with weight which has been an ongoing issue for years now. With that in mind, I found that this book does provide readers with good information. It shows and describes how your blood types can definitely effect how your body breaks down nutrients. I was aware of this but I wasn't too informed prior to reading this book. Now it has sparked my interest and I will continue to research how my blood type is related to my weight loss progress. I'm hoping that after I apply what I have read from this book, I will be able to shred those stubborn pounds. Now as stated, some people don't lose weight because they feel too constricted and want to drop the

pounds easily. What I like about this book is that it does provide you with ideas. I know that I will have to incorporate exercise and proper nutrition to my diet. This book seems to provide me with ideas and a guideline to do just that. Good recipes and easy to follow. Recipes are for average people as well. Not the hard to make and hard to follow ones! I like it. The book states that 'only a fool goes into battle without weapons' so I'm hoping the fight against my weight includes this book. It was very informative. Right off the bat I knew I didn't know much about weight loss when it says that certain blood types can have a disposition regarding nutrition and how things are absorbed. This book helps your weight loss journey by telling you how and why the things you need to be doing are important to your health. The main reason why many people don't follow things is because they can't find delicious meals or they don't know why they have to. There is no shortcuts around losing weight and exercising. You just need to push through and this book shows many delicious recipes one can make on the journey. I am glad that I downloaded the kindle onto my computer to read this book and do the review. I told and shared this book with my friends and family. I received this product at a discount in exchange for my honest and unbiased review.

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