



The New High Protein Diet: Lose Weight Quickly Easily and Permanently

By Charles Clark, Maureen Clark

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The New High Protein Diet: Lose Weight Quickly Easily and Permanently, Charles Clark, Maureen Clark, To lose weight quickly, easily and permanently, you don't need.- superhuman willpower - endless hours to prepare complex low-calorie recipes - to live on cottage cheese and lettuce By following this medically-based, yet amazingly accessible diet you will soon program your body to burn fat without ever having to go hungry. The diet is low-carb, but by no means no-carb, and will enable you to: - control your appetite - eliminate cravings - eat delicious foods - help protect against heart disease and diabetes The New High Protein Diet is packed with hundreds of delicious, easy recipes and is for anyone who loves good food, but craves a slimmer waistline!.



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