



17 Day Diet: Ultimate Cheat Sheet (With Diet Diary & Workout Planner)

Samantha Michaels

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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. 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.

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