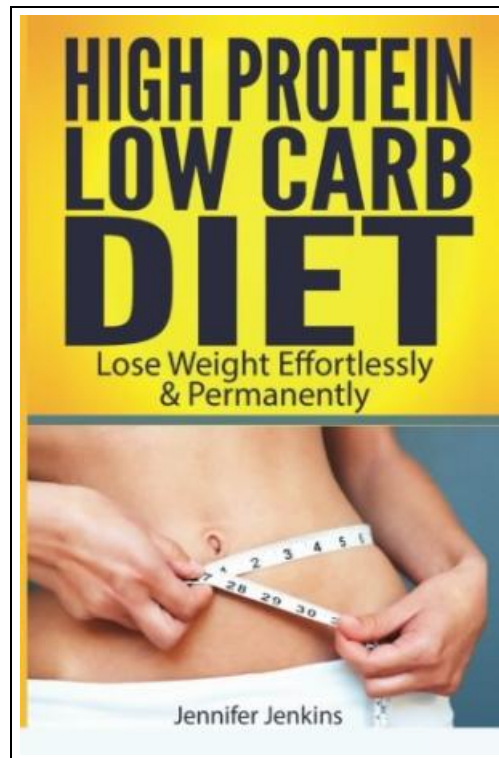


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Createspace, United States, 2012. Paperback. Book Condition: New. 202 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****.If you re trying to lose weight for the first time (or for a long time now), this may be the most important book you ll ever read. The High Protein Low Carb diet has been proven to help thousands of average people like you lose weight and achieve the body shape (and health) that will make your friends admire you for. But if you don t follow a specific, systematic approach with this diet, then chances are that you ll just fail at this like most people. And that s why the High Protein Low Carb Diet is the only complete guide designed to go straight to the point and give you only the effective and practical steps to losing weight quickly, no matter your current age or weight. You ll get everything you need to know including: The BIGGEST Lie Ever Told about the High Protein Low Carb Diet (You ll find yourself spinning in circles if you don t know this!) The SIX Highly Effective High Protein Low Carb Diets (Sample menus for breakfast, lunch and dinner included!) The Best Fat-Burning Foods to Include in Your Meal Plan -- And what to avoid so you don t end up sabotaging your weight loss success! The Complete List of Good Carbohydrates (WARNING: You can t skip carbohydrates completely! Your body still needs them) The FIVE Steps to Kick-starting Getting Maximum Results from Your High Protein Low Carb Diet - Finally, you can achieve rapid weight loss and then keep the weight off forever! How to Get Past Your First Week. Guaranteed! And much, much more! This guide is written by Jennifer Jenkins for busy people who...



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