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3 Day Diet. Get Visible Results in Just 3 Days. (Paperback)

By Filippo Fabbri

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The 3 Day Diet Many diets have come and gone over the years. What was once the most popular diet might now be something that no one is even interested in. One diet that has stood the test of time and that many people are still using to lose weight quickly is the 3 Day Diet. This diet plan is a program that is very low in calories, but only needs to be followed for three days. People have lost anywhere from 5 to 10 pounds in that time frame and as long as they continue healthy eating habits after the plan has been completed, they can keep the weight off. What You Can Eat and Drink The 3 Day Diet is different from many others because it allows the follower to eat certain foods that they might never be allowed on other plans. For instance, ice cream is eaten every night on this plan. How can this be? Weight loss boils down to one principle: Calories in versus calories out. You can eat things that you enjoy,...

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