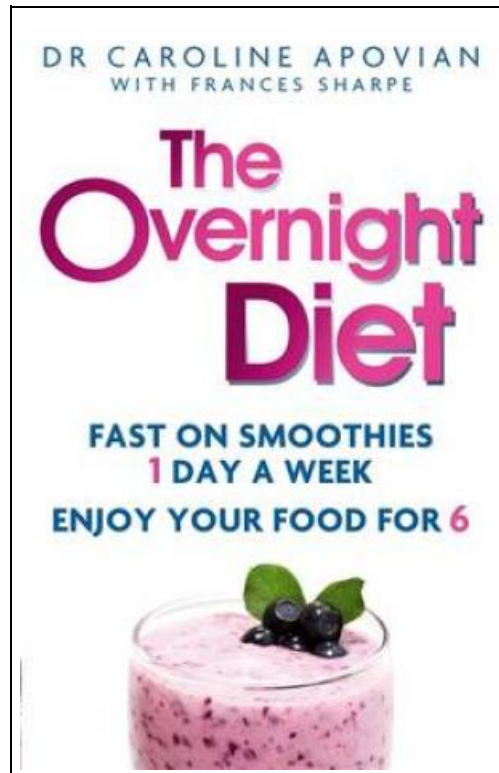


## The Overnight Diet



Filesize: 5.65 MB

### ***Reviews***

*Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).  
(Myrl Hintz)*

## THE OVERNIGHT DIET



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Paperback. Book Condition: New. Not Signed; Discover the no-fad weight-loss plan that successful dieters and top weight-loss experts are talking about. Premier weight-loss expert Dr Caroline Apovian has created the ultimate plan for anyone trying to lose weight. The Overnight Diet delivers exactly what dieters are desperately looking for: an easy-to-follow plan for rapid, lasting weight loss that doesn't compromise your health and energy levels. This cutting-edge diet accelerates fat-burning and primes the body to work at its best. Kick start your weight loss every week with a day of delicious smoothies called the '1-Day Power Up'. This produces powerful results when combined with the '6-Day Fuel Up', during which you can enjoy lean protein, low-fat dairy, whole grains and all-you-can-eat fruit and vegetables. Add in an easy-to-follow workout designed to rev up your metabolism and preserve lean muscle and you have the recipe for a slimmer 'you'. Many popular diets lead to 'shrinking muscle syndrome' - a loss of muscle mass that can rob you of energy, leave you weaker and flabbier and lead to yo-yo dieting. The Overnight Diet avoids all of these common problems. And the best news is that it's not a restrictive diet so there's no mealtime boredom. You can enjoy a wide variety of foods and even your favourite glass of wine. Look slimmer, feel better and live longer with The Overnight Diet. book.



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