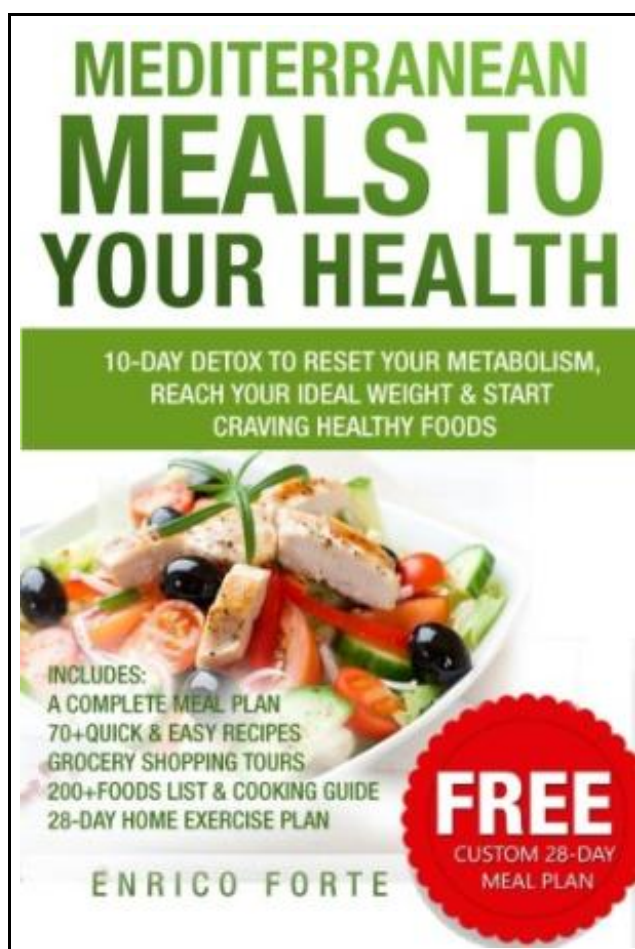


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.They Laughed When We Told Them to Overeat. But When They Started Shedding Pounds Like Crazy! It's no secret that the Mediterranean meals to your health diet can help you lose 2 pounds of ugly fat a week and ditch your sugar cravings in just 7 days. No, you don't need to spend your money on pills, mail-order sensations, or some kind of celebrity diet. If nothing has worked for you until now, what you really need is simply a new weight loss system that is so easy, that virtually works all by itself. Stop counting calories. Stop dieting. Stop watching what you eat. Stop feeling deprived. All you need to know is what foods you need to avoid and what foods to swap for other foods. By following this system, you'll not only lose weight, you'll have more energy, lower your blood pressure, and even improve your cholesterol levels, all without drugs and without giving up your favorite foods. **FREE Bonus: Custom 28-Day Meal Plan!** The meals to your health meal planner helps you create meal plans tailored to you, so you can get to your goals quickly. All plans are designed to match your preferences, budget, cooking ability, and your lifestyle. Once you have your plan, go shopping and follow the recipes to achieve your goals with no further effort. Never worry about what you should or shouldn't eat. The diet can be adjusted to fit with any eating style, including low carb, gluten free, vegetarian, vegan, diabetic, and much more using the comprehensive options menu. You'll be able to print menus, shopping lists, and easy to follow recipes, and there...



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