



30-Day Quick Diet for Men

Gail Johnson, Ron Hill Jr

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This eBook contains two 30-day diet plans: an 1800-Calorie diet and for even faster weight loss a 1500-Calorie diet. You'll be surprised not only by what you can eat - but also by how much you can eat. Enjoy pasta, pancakes, swordfish, hamburger and more.

The 30-Day Quick Diet is perfect if you want to lose 15 to 20 pounds. The eBook contains 30 days of fat-melting meals with daily menus and weekly food shopping lists. The author has done all the planning and calorie counting - and made sure the meals are nutritionally sound. The 30-Day Quick Diet is another sensible, flexible, easy-to-follow diet from NoPaperPress. And because the 30-Day Quick Diet is not a fad and does not rely on gimmicks it will be as valid 10 or 20 years from now as it is today. In fact the 30-Day Quick Diet is timeless!

Most men lose 15 to 20 pounds. Smaller men, older men and less active men might lose a bit less, and larger men, younger men and more active men often lose much more.

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The Best Weight-Loss Diets
Begin with a Medical Exam
What's in This eBook?
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Frozen Dinners
Eating Out
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- Day 3 Meal Plan
- Day 4 Meal Plan
- Day 5 Meal Plan

Days 6 to 25 intentionally omitted

- Day 26 Meal Plan
- Day 27 Meal Plan
- Day 28 Meal Plan
- Day 29 Meal Plan
- Day 30 Meal Plan

1800 CALORIE DAILY MEAL PLANS

- Day 1 Meal Plan
- Day 2 Meal Plan
- Day 3 Meal Plan
- Day 4 Meal Plan
- Day 5 Meal Plan

Days 6 to 25 intentionally omitted

- Day 26 Meal Plan
- Day 27 Meal Plan
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RECIPIES & DIET TIPS - Day 1 Recipe: Chicken with Peppers and Onions

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APPENDIX A Calories In Foods

APPENDIX B Frozen Food Safety

APPENDIX C: Microwaveable Soups

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From reader reviews:

Tim Travers:

Playing with family inside a park, coming to see the ocean world or hanging out with pals is thing that usually you may have done when you have spare time, subsequently why you don't try matter that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love 30-Day Quick Diet for Men, you can enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't obtain it, oh come on its referred to as reading friends.

Tammy Pursell:

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