



The 17 Day Diet Cookbook: 80 All New Recipes for Healthy Weight Loss

Dr. Mike Moreno

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Based on the *New York Times* bestselling book and revolutionary diet program that has swept the nation, a collection of easy, delicious, and healthy recipes that will help readers lose weight fast, and keep it off.

The #1 bestselling 17 Day Diet offers a lifetime plan for shedding pounds fast in a safe and lasting way. Now, *The 17 Day Diet Cookbook* is here to help you meet your weight loss goals in a healthy and delicious way. Packed with brand-new recipes, *The 17 Day Diet Cookbook* offers an easy way to prepare healthy meals at home that will appeal to the whole family. Organized to help you follow the diet's 17-day cycles, the cookbook contains easy recipes for breakfasts, lunches, dinners, snacks, and desserts. Designed for the busy home cook, these nutritious and tasty dishes take about half an hour of active preparation and do not taste like diet food. You will be able to craft great meals that will satisfy everyone you're feeding while helping you reach your weight loss goals.

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