



The Hcg Diet Cookbook: Helping Weight Loss Happen

Melissa Bitter

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Diet food that tastes great! The HCG Diet Cookbook is the cookbook to help you through the diet because it'll help the pounds slip right off and the diet phase pass more quickly. Basically, you'll be successful in losing the weight because the food will taste good and you won't give up. Not only does The HCG Diet Cookbook have a variety of recipes that conform to Dr. Simeons' protocol, it teaches as well. Learn the about the foods allowed on the diet and the spices and herbs that make them taste wonderful, and then step into the next phase of your life with confidence. Since these recipes are based around fresh meats, fruits, and vegetables and tailored to a no fat, no sugar, low starch approach they will work with practically any diet. The best thing about strictly adhering to the HCG diet for a month or two is that it kick starts your metabolism. Your body gets retrained to not gain 10 lbs overnight, and relearns how to process food and not freak out each time you go out to dinner with friends. Melissa Bitter is a food lover, who's been cooking since she was very little. She discovered the HCG diet when a friend asked for help with recipes. This book is the result; simple, healthy, good-tasting food that you'll love.

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Joanne Hall:

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