

THE 17 DAY DIET BREAKTHROUGH EDITION

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And now, with the introduction of The 17 Day Diet Breakthrough Edition, I can say faster results. I've tuned up the original diet with some new science, new tips, and new techniques that will help you to lose up to a pound a day in the first 17 days and to keep losing steadily after that.

[17 Day Diet Cycle 1 Food List | My 17 Day Diet Blog](#)

The 17 Day Diet Cycle 1 Food List is full of lean proteins and cleansing vegetables designed to help you lose weight quickly. Cycle 1 focuses on rapid weight loss by eating a well-balanced 17 Day Diet Meal Plan.

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The newest edition of the best-selling 17 Day Diet by Mike Moreno, MD, promises to help you rev up your fat-burning metabolism, shed pounds, and build healthy new habits.

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In this new edition of the #1 bestseller The 17 Day Diet, Dr. Mike Moreno includes new chapters on supplements and exercise and more than 30 new recipes to help you achieve results fast and effectively.

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Since Dr. Mike Moreno first published The 17 Day Diet in 2010, millions of people have lost weight using his fast, safe, and extremely effective plan. More > Dr. Mike listens to his 17 Day Dieters as carefully as he listens to his own patients, and he is always on top of the cutting-edge research in the field of weight management.

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In the 17 Day Diet Breakthrough Edition book, Dr. Moreno gives 17 Day Dieters a full 7 day 17-Minute Spot Reduction Workout schedule. You can purchase the 17 Day Diet Breakthrough Edition book to get the full workout.

[The 17 Day Diet by Mike Moreno: Food list What to eat ...](#)

Get a copy of the 17-Day Diet Breakthrough Solution for the original 17-Day Diet plus information on Contour Foods and the Transitional Day Fast, supplementation, exercise workouts for spot reduction, more recipes, and more meal plans.