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17 Day Diet Cookbook: Delicious Healthy Weight Loss, Fat Loss and Flat Belly Recipes

Brittany Samons

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The 17 Day Diet is a diet plan that encourages the consumption of healthy foods while incorporating exercise and limiting starch and sugar. Divided into 4 different cycles, this diet will help you boost your metabolism, burn fat and create healthy new habits to lose excess weight. You will eat foods in unique cycles that last for seventeen days each to kick start your weight loss, and work toward a goal of maintaining a desired weight and eating healthfully for the rest of your life. Recipes described in this book will help you to reach your weight loss and health goals.

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