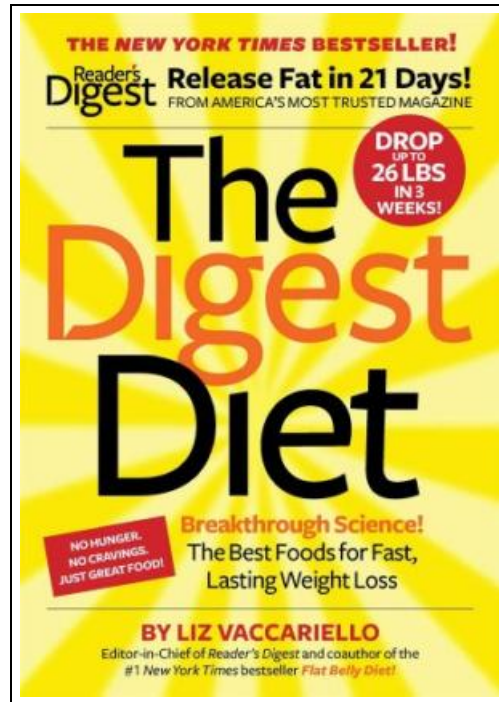


The Digest Diet: The Best Foods for Fast, Lasting Weight Loss



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(Ms. Kirstin O'Kon)

THE DIGEST DIET: THE BEST FOODS FOR FAST, LASTING WEIGHT LOSS



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Readers Digest. Paperback. Book Condition: New. Paperback. 286 pages. Dimensions: 9.7in. x 6.6in. x 0.7in. The Digest Diet is a 21-day weight-loss plan based on groundbreaking science and newly discovered foods and habits that help your body to release fat. Readers Digest sifted through all the weight-loss science to pick the foods, recipes, and habits that truly slim you down quickly and safely. We reviewed cutting-edge nutrition advances and myth-busting articles. We discovered some new reasons fat creeps on and reliable ways to get it to fade away quickly. The Digest Diet targets surprising fat increasers in three key areas: seating, environment and exercise and gives you the tools you need to turn the tables and shift your body into fat release mode. The eating plan is organized in three basic stages: Fast Release, Fade Away, and Finish Strong. Every phase loads you up on fat releasers. But the calorie and macronutrient ratios shift in each so as to maximize fat release and results! Fast Release (12-minute exercise routine) is a four-day fat releasing jump start. The Fat-Release Workout combines both strength training and HIIT (high intensity interval training) into a 12-minute workout that's amazingly effective for fat burn and muscle growth. Fade Away transitions you into lean proteins and micronutrient-rich greens. For this 10-day stretch, you continue to have a shake a day, but the lean-and-green focus gives your body what it needs to help you release fat and build muscle, while lowering your intake of carbohydrates for faster fat fade. Finish Strong is the last week of the plan. The meals and recipes show you how to enjoy a balanced, healthy, wholefoods diet rich in fat releasers. The Digest Diet provides a list of 13 fat releasers, which include Vitamin C, Calcium, Protein and Coconut Oil, as well as an easy cheat sheet...

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