



The 17 Day Diet: 200 Recipes: 80 Slow Cooker Recipes Cookbook

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In basic term."THE 17 DAY DIET" is a carbohydrate cycling diet whereby you adjust your intake of carbohydrates in accordance with whatever phase of the diet you are in. At certain times you can follow a very low carbohydrate diet, while at others you can enjoy specific foods that are higher in carbohydrates.

According to Dr. Moreno, this has the effect of confusing your metabolism and enhancing the rate at which you are able to lose weight. It also can help to reduce the frustration and boredom that is generally associated with long-term dieting.

This book will lead you, step by step, day by day, meal by meal to loose weight and towards a longer, healthier life.All recipes selected are below 300 calories to help you maintain healthy weight loss.

All recipes are assigned with proper value helping you to plan your meals accordingly....selecting from high protein-low carb ratio,low calorie-low carb ratio,or even high protein-low calorie ratio.

Great flavours, with a focus on healthy proteins and low fat ingredients are the mainstay of this book. Enjoy your diet meals like you never did before!

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