



21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health

Neal D. Barnard

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This easy to follow diet still allows you to eat unlimited carbohydrates, and promises: Appetite reduction Metabolism boost No calorie counting No points to calculate Dr Neal Barnard has been at the forefront of cutting-edge research on what it takes to lose weight permanently and with his medically proven programme you will also lower cholesterol and blood pressure. With clear, simple guidelines, meal plans, more that 60 recipes, tips for supermarket shopping and help on how to navigate a restaurant menu, THE 21-DAY WEIGHT LOSS KICKSTART is a diet that will give you the body you have always dreamed of having.

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