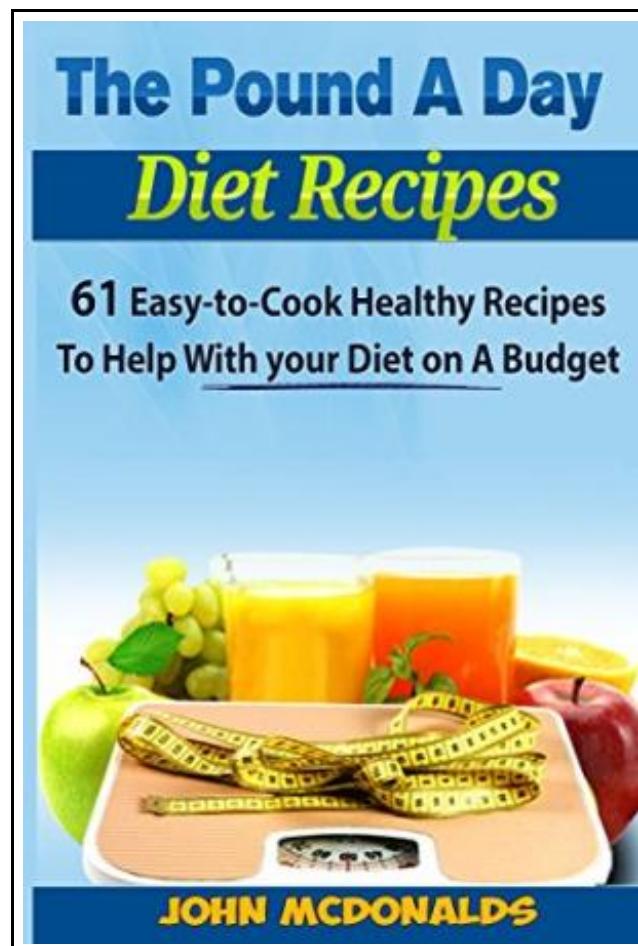


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. The Pound A Day Diet Recipes: 61 Easy-to-Cook Healthy Recipes to Help with your Diet On a Budget. Disclaimer: Note that this Book is in no Way Related to Celebrity Chef Rocco Dispirito's The Pound A Day Diet Book. My POUND A DAY DIET Cookbook, rewrites every carb/fat/calorie rule! This delicious, easy-to-use, plan is specifically formulated as a Mediterranean-style diet that is carb and calorie corrected to turbocharge metabolism and weight loss. John McDonalds have prepared and compiled some great and healthy recipe for you on a budget that is easy-to-cook and in line with the Chefs Diet Plan. Also, you would find most of them in your kitchen. The recipes has been reduced to One Servings each, which would enable you follow through the phases without wasting foods or breaking the bank. This in no doubt, would fuel your motivation to stick with the diet. Enjoy the Foods you love while losing that Pound a day. In the Recipe we have prepared, we avoided the use of fat free cheese (gag), Egg beaters, and light whole wheat bread, artificial sweeteners, xanthan gum, Harissa powder, monk fruit extract, shirataki noodles, adobo powder, liquid smoke, agave nectar, coconut nectar, etc. So that The Calories Content are not restricted. Also we have Added More Quinoa, Salmon, Cucumber, kale, Almonds, and smoothie Recipes, since they are healthy and contain low calories. You would actually love them. However, the Recipe outlined in this book, might not achieve the A Pound A Day Diet , but it can help you Lose pound Considerably in 5 Days and keep it Off for a long time. What are you waiting for.? Scroll up now and get The Pound...



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