

# **The 17 Day Diet Cookbook: 80 All New Recipes For Healthy Weight Loss By Dr. Mike Moreno**



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All hail, kale chips! You'll no longer need to worry about satisfying cravings for fattening potato chips once you've tried these. From The 17 Day Diet Cookbook.

### **The 17 day diet cookbook recipe: yogurt cheese |**

Dr Mike Moreno's 17 Day Diet is a revolutionary new weight-loss programme, structured around four 17-day cycles, that activates your skinny gene so that you burn fat

### **The 17 day diet cookbook by dr. mike moreno**

The 17 Day Diet Cookbook 80 All New Recipes for Healthy Weight Loss Dr. Mike Moreno Dr. Mike Moreno is a graduate of the University of California at Irvine

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### **Ideas for meals with cycle 1 of 17 day diet |**

17 day diet Turkey Taco Salad . Yummy taco salad recipe for 17 day diet cycle 1. I added a can of diced tomatoes and extra seasoning to meat and cooked off the extra

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