



## 2 Day Diet: Top 70 Recipes (With Diet Diary & Workout Journal)

*Samantha Michaels*

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## **2 Day Diet: Top 70 Recipes (With Diet Diary & Workout Journal)** Samantha Michaels

The 2 Day Diet Bible is an easy to follow and clinically tested diet process. This revolutionary diet allows you to lose weight by eating reduced calorie meals for only two days each week. It is so simple that you only have to go for a diet for two days and enjoy the rest of the week. It is quick, simple and healthy way to lose weight without having to starve throughout the program. Shed those pounds without a struggle with this book. There are 70 recipes to choose from when you are following this diet. All delicious, nutritious, diet friendly and weight loss promoting recipes for you to enjoy on your fast days.

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