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The 17 Day Diet Workbook

By Mike Moreno

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, The 17 Day Diet Workbook, Mike Moreno, The 17 Day Diet offers readers a plan that will help them change their eating habits, their health and their life. Now, The 17 Day Diet Workbook provides a more structured dieting experience for readers who want extra guidance and direction. The workbook will open with a brief overview of the 17 Day Diet plan and philosophy, and will outline for readers how to use the workbook to get the most out of it. The book then provides readers with daily planning tools for the 4x17 day cycles of the diet. Every day will have a unique food chart, shopping lists, 17-minute workout, tips from Dr Mike, space for dieters to track their food and water intake, and a notes section to keep track of personal progress. Each section will also talk about common barriers that dieters might experience in the different cycles, and offer suggestions for how to keep the diet on track including food tracking and maintenance journaling.



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Reviews

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