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UltraSimple Diet : Kick-Start Your Metabolism and Safely Lose Up to 10 Pounds in 7 Days, Paperback by Hyman, Mark, ISBN 1416547762, ISBN-13 9781416547761, Brand New, Free shipping in the US Offers an accelerated program designed to help readers lose weight quickly and keep it off, in a guide that features menus, exercise routines, and stress reduction techniques.

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Mince the garlic clove. Combine the garlic, olive oil, cayenne pepper, lemon juice, basil, and salt in a bowl. Place the chicken breasts in the same bowl and let marinate for 10–15 minutes if desired. Rub a cookie sheet or spray with olive oil to prevent sticking (or cover the pan with parchment paper).

KICK-START YOUR METABOLISM AND SAFELY LOSE UP TO POUNDS IN ...

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The Ultra Simple Diet Plan: An Overview. The book starts with a seven day preparation phase when you prepare the body to kick toxins like sugar, caffeine, flour, alcohols and hydrogenated oils. The preparatory phase is followed by the 7-day diet, which is Dr Hyman's recommendation for flushing out toxins and eliminating food allergies. This phase requires strict food control.

Ultra Simple Diet Plan | World of Diets

Main The UltraSimple Diet: Kick-Start Your Metabolism and Safely Lose Up to 10 Pounds in 7 Days. The UltraSimple Diet: Kick-Start Your Metabolism and Safely Lose Up to 10 Pounds in 7 Days Mark Hyman. Language: english. Pages: 184. ISBN 10: 1416547762. ISBN 13: 9781416547761. File:

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