

The Best Diet's Ultimate Hcg Recipe Cookbook - , Dee Fish

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The Best Diets HCG Ultimate Recipe Cookbook was designed to provide the HCG Dieter with a variety of delicious mouth-watering alternatives to an otherwise limited food selection. I have comprised 156 delicious Phase 2 and 3 recipes that are specific to the newly physician updated HCG Diet Protocol book, The Best Diet You Have Never Heard Of. You will find a large assortment of beverages, desserts, snacks, appetizers, soups & salads, and chicken & beef dishes that you and your entire family can enjoy. After losing 54 pounds on the new protocol, I still cook many of my original recipes for my family members, and especially for my husband. His favorite request is my delicious Crock Pot Chicken Tacos recipe! ADDITIONAL BONUS FEATURES INCLUDE: *Cooking and Food Preparation Tips* HCG Dieting Tips and Tricks* How to Create a Food Journal* Grocery Shopping List* Grocery Check-off List* HCG Essentials* Informative Phase 2 & 3 Published Articles Author: Pounds, Inches and Author: Fish, Dee Publisher: eBookIt.com Illustration: N Language: ENG Title: The Best Diet's Ultimate HCG Recipe Cookbook Pages: 00100 (Unencrypted EPUB) On Sale: 2013-02-21 SKU-13/ISBN: 9781456601911 Category: Cooking : Health & Healing - Weight Control Category: Health & Fitness : Diets - General

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