

The Eat-clean Diet For Men - Tosca Reno

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Most diets dont work for men because men dont eat the way women do. Men dont like to go hungry, they dont like to live on salads, they dont like excluding food groups and they dont like counting calories. Luckily, The Eat-Clean Diet for Men isnt like any other diet. Originally developed by and for men, Eating Clean allows men their meat and potatoes in man-sized portions and keeps them satisfied, with no calorie counting. It also helps with some very manly issues, such as sexual health and avoiding prostate cancer. Get: Simple plans with great-tasting food 50 man-friendly recipes Training for muscle Use food to improve your sex life Author Residence: Robert Kennedy is the publisher of MuscleMag International, Reps! and Maximum Fitness and has been an advocate for mens health and fitness for over 50 years. Tosca Reno has helped millions of people lose weight permanently and develop the bodies of their dreams. Tosca is the author of the very popular Eat-Clean Diet series of books, and writes for Reps!, Clean Eating, Maximum Fitness and Oxygen magazines. Robert and Tosca live north of Toronto. Marketing: Co-op available Full-scale marketing, including editorial and advertising, in the following glossy international magazines: MuscleMag International, Maximum Fitness, Reps!, Oxygen, and Clean Eating. Jane Wesman commissioned publicity Appearances on local and national TV and radio Promotion in major newspapers, magazines and websites Sales Handles: 60 percent of men want to lose weight Men don't like buying women's diet books Robert Kennedy is a highly trusted name in men's fitness Audience: Men wanting to lose weight and/or get in shape. Author: Reno, Tosca Publisher: Robert Kennedy Publishing Illustration: N Language: ENG Title: The EAT-CLEAN DIET For Men Pages: 00352 (Encrypted EPUB) / 00352 (Encrypted PDF) On Sale: 2011-10-19 SKU-13/ISBN: 9781552100561 Category: Health & Fitness : Men's Health

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