

Download 1 Day At A Time Diet Book

Hello, I read your book once and now I am reading it the second time. I wonder why your book was not translated into other languages. My english is pretty good, but all the special vocabulary concerning diseases, food, and human organs is quite tough. Day 1. Breakfast: black tea or coffee, 1/2 a grapefruit, 1 piece of toast with 1 Tablespoon of peanut butter. Some version specify 1/3 of a grapefruit, some call for artificial sweetener to be added to the coffee, some allow grapefruit juice to be substituted for the grapefruit. What You'll Eat on Cycle 1 of the 17 Day Diet. Your 17 Day Diet Meal Plan for Cycle 1 will consist of good, clean food.. You'll load up on unlimited amounts of lean proteins (such as chicken, turkey, and some fish) and cleansing vegetables (such as broccoli, leafy greens, and carrots). Make sure this fits by entering your model number.; Durable Translucent Cover Custom Food Journal with Spaces to Record Food for organizing all of your meals for the day. Space to enter up to 5 Meals, keep track of water consumption. The log pages also have a place to total your Daily Calories, Carbohydrates, Fat and Protein.