



DIET: The Best Italian Diet to Lose 10 Pounds in 10 Days - 18 Steps to Lose Weight

Analeigh Claybourne

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Do You Want to Lose 10 Pounds in 10 Days? Get this Book and Follow My Step by Step Explanations!

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Unlike the Standard American Diet, the average Italian diet is full of health benefits that allow those who consume it live the energetic, healthy lives. The hallmarks of the diet are moderate to low amounts of red meat, eggs, dairy, sweets and wine along with plenty of plant based proteins and fats including olive oil. Studies show that this diet contains a plethora of vitamin and nutrients that can help reduce the chance of experiencing heart disease, obesity or stroke.

What's more, following a strict version of the Italian Diet has been known to lead to a loss of 10 pounds in just 10 days. If reducing your risk of serious health problems while at the same time dropping 10 pounds in less than 2 weeks sounds good to you then consider picking up *Diet: The Best Italian Diet to Lose 10 Pounds in 10 Days-18 Steps to Lose Weight* today. Inside you will find everything you need to know about the Italian Diet as well as why the Standard American Diet is considered a plague by modern nutritionists.

The 18 steps outlined within will help you prepare for 10 Day Italian Diet properly to ensure that when you finally do start the 10 day stretch you will not just survive but thrive under the strict conditions required to force your body to drop a pound per day. What's more, it will then discuss how the Italian Diet can be followed in a more moderate form to ensure life-long healthy weight loss.

Inside you will find

- A complete shopping list of everything you will need to stock up for the duration of the diet.
- A number of pre-diet steps designed to ensure that once you start the 10 Day Italian Diet you will remain committed throughout.
- A detailed guide to losing a pound a day in the safest way possible.

Contents

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