



The 4 Day Diet

Ian K. Smith

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The 4 Day Diet

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You can follow *The 4 Day Diet* straight through for a month with stunning results. But only you know how you eat?and how you diet. Customize your own program in whatever order works best for you?or just repeat the modules you like best. Only the first two are doctor's orders:

Induction (detox/cleansing)

Transition (to reintroduce food groups)

Protein Stretch (to avoid plateaus)

Smooth (eat pizza or even French fries!)

Push (the sprint?you're almost there)

Pace (catch your breath and keep going)

Vigorous (lose those last few pounds?for good!)

Dr. Ian Smith's diets really work. And his motivating tips and tricks will help you stay on the program, enjoy your progress, and feel your success from day one.

Features more than 60 recipes for meals and snacks?food that will make you forget you're on a diet!

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