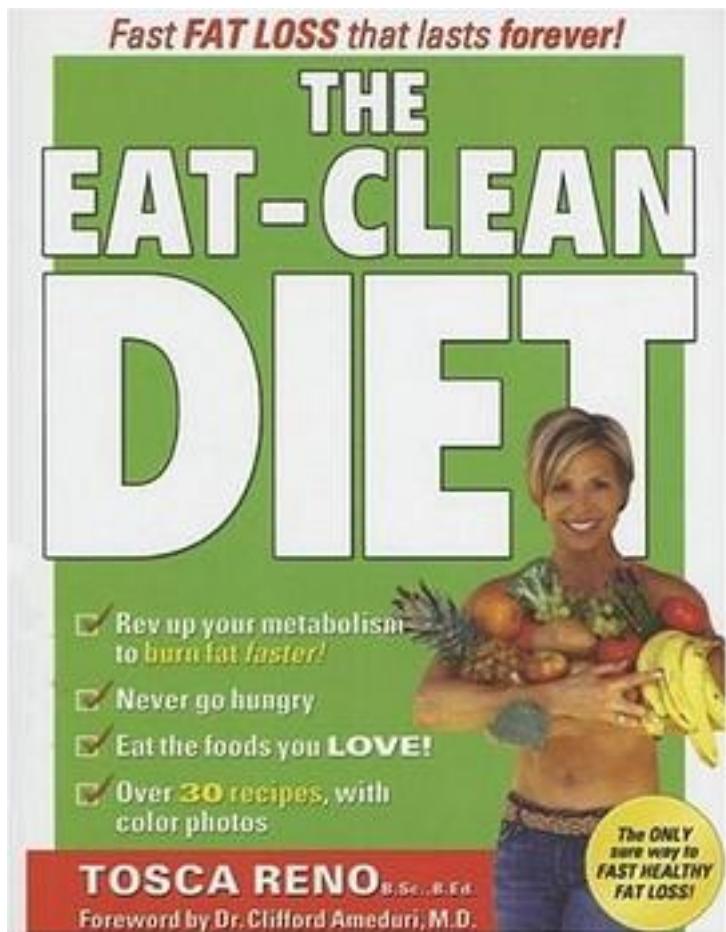


# The Eat-Clean Diet



[The Eat-Clean Diet\\_下载链接1](#)

著者:Tosca Reno

出版者:Robert Kennedy Publishing

出版时间:2007-01-08

装帧:Paperback

isbn:9781552100387

With The Eat-Clean Diet, the diet that fitness professionals rely on, readers will transform themselves from sluggish, exhausted and overweight to energetic, lean and fabulous! Just like the author and cover girl Tosca Reno did when she was sixty pounds

overweight, readers will discover how to make their bodies burn fat while eating tons of food. We've all seen the fitness professionals on the covers of magazines and wished we could look like them. The truth is, they are real people. Just like you, they had to figure out how to get their bodies to look like that. And they all came to the same conclusion: Eat Clean! So who better to write a book on the subject than formerly overweight fitness diva and mother of three, Tosca Reno? Tosca shows you how to lose over sixty pounds, like she did, or just that last ten. When you read The Eat-Clean Diet you will: Rev up your metabolism to burn more fat -faster!; Lose weight quickly and easily; Never go hungry; Eat all food groups: protein and carbs and fat; Eat five to seven meals a day; Receive Eat-Clean recipes with color photos; Have more energy than you ever dreamed possible; Stay lean forever never worry about dieting again!

作者介绍:

目录:

[The Eat-Clean Diet\\_ 下载链接1](#)

标签

瘦身

饮食

健康

VOGUE~改變的勇氣把興趣變成事業~O(∩\_∩)O~

Mar

2010

评论

[The Eat-Clean Diet\\_下载链接1](#)

书评

[The Eat-Clean Diet\\_下载链接1](#)