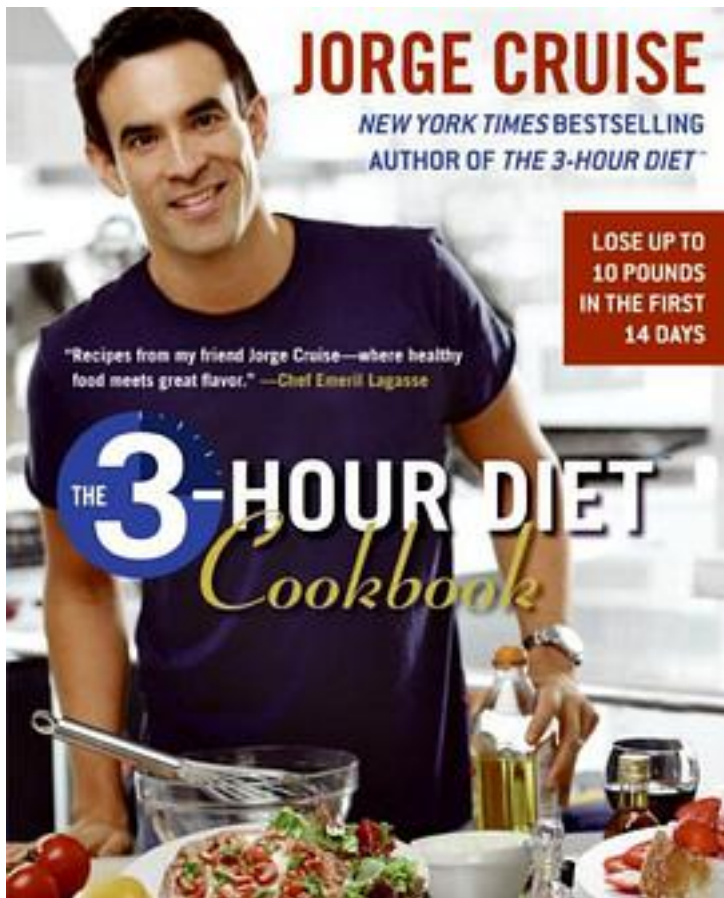


# The 3-Hour Diet Cookbook



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著者:Jorge Cruise

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Lose belly fat first in just 14 days with this fun and easy cookbook from Jorge Cruise, bestselling author of The 3-Hour Diet™! Jorge Cruise has empowered thousands of busy Americans to take control of their weight and live happier and healthier lives. His bestselling books 8 Minutes in the Morning®, The 3-Hour Diet™, and The 12-Second

Sequence™ have helped even the busiest people get slim—without deprivation, counting calories, or giving up carbs—and keep the pounds off for good. Now, with The 3-Hour Diet™ Cookbook, he offers all-new, time-friendly recipes that make following The 3-Hour Diet™ even easier. Filled with delicious recipes the whole family will love—from a Turkey, Bacon, and Egg Wrap to Fresh Tomato and Mozzarella Pizza to Chicken Teriyaki—this cookbook gives you more than 200 options for breakfast, lunch, dinner, and snacks. Nearly all the recipes can be made in less than ten minutes of cooking time and are portioned to fit the diet exactly. With motivational success stories from real people, beautiful full-color photographs, and Jorge's trademark easy-to-follow instructions, The 3-Hour Diet™ Cookbook is an essential tool for anyone who wants to get slim, fit, and healthy—and stay that way—for a long time to come. Losing weight has never been easier!

作者介绍:

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