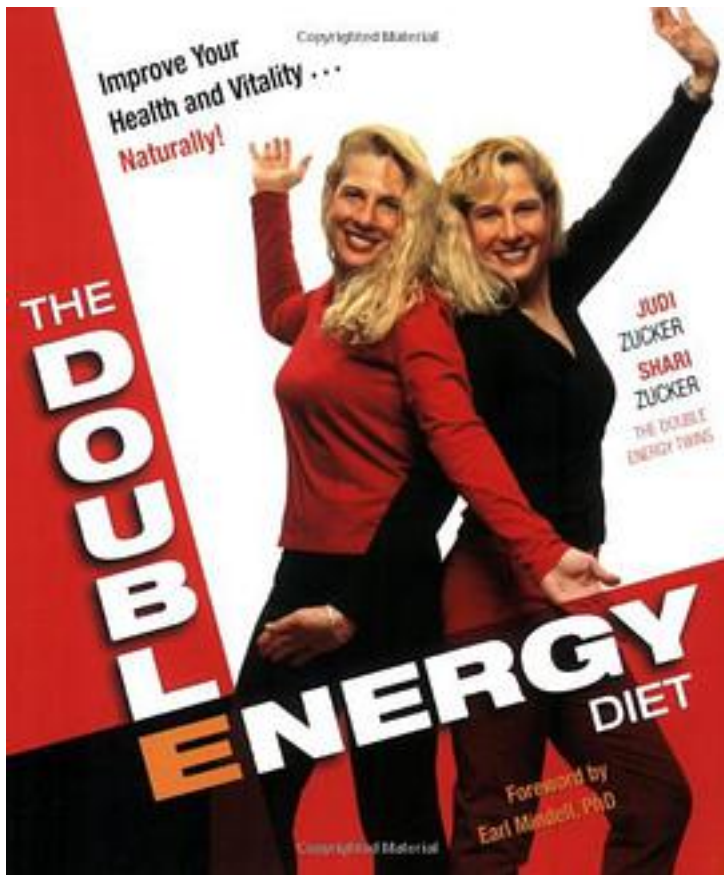


The Double Energy Diet



[The Double Energy Diet_ 下载链接1](#)

著者:Zucker, Judi/ Zucker, Shari

出版者:

出版时间:2008-9

装帧:

isbn:9781570672262

Let the "Double Energy Twins" show you how to double your energy naturally. Judi and Shari present a new lifestyle guaranteed to help one lose fat, pounds, and inches, and easily keep extra pounds from sneaking back on. Based on sound nutritional and medical information, this diet will awaken your taste buds to the sensational flavors of natural foods and allow you to satisfy your appetite completely. It will help you arrive

at a whole new way of choosing and eating foods. Many of the easy-to-make, nutritionally balanced recipes can stand alone or serve as the heart of a meal and do not require much preparation time nor large numbers of unusual ingredients. Getting in shape is twice the fun with this new diet.

作者介绍:

目录:

[The Double Energy Diet_下载链接1_](#)

标签

评论

[The Double Energy Diet_下载链接1_](#)

书评

[The Double Energy Diet_下载链接1_](#)