

# The 17-Day Green Tea Diet

*Lose up to  
14 lbs.—from  
your belly first!*

4 Cups of Tea.  
4 Delicious Superfoods.  
4 Steps to a Slimmer,  
Healthier You!

From the editors of **Eat This, Not That!**



Editors of Eat This Not That

The 17-Day Green Tea Diet: 4 Cups of Tea. 4 Delicious Superfoods. 4 Steps to a Slimmer, Healthier, You!



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The secret lies in a rare but effective nutrient known as EGCC-- found almost solely in green tea-- that improves fat burning, inhibits your body's metabolism, and helps you lose weight. Eat This, Not That! Fast, everlasting weight loss is just a sip away, thanks to this unique program produced by the bestselling authors of And all it requires is a cup of warm water and a humble bag of green tea. Flatten your belly and boost your metabolism with the lowest priced, most scientifically proved weight-loss plan ever produced! is the perfect plan for anyone who wants proven results--fast! With a complete, easy-to-use diet program that works for everybody, plus delicious recipes for meals, snack foods, and even desserts, the 17-Day time GREEN TEA EXTRACT Diet's capability to build new body fat cells, and protects you from each and every one of the major illnesses of our day.



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Great book, functioning the plan and hoping for the very best! I love it! While I appeared and felt better, the stresses that caused me to consume so poorly didn't disappear completely, and I really missed pizza and sandwich rolls, therefore I eventually provided it up and obtained all the weight back again. When I attempted this previously I usually got headaches even if I changed the caffeine with coffee, but when I changed it with green tea it was like I never missed it. I love it! I acquired on a check panel for the Green Tea Diet and lost a couple of weight right from the start, on the subject of 8 pounds in the first 5 times. I was drinking at least four or five 20 ounce bottles a day. The other issue that was keeping me back again, though I didn't understand it at the time, was my dependence on diet soda, which is full of all kinds of chemicals that make you crave sweets and generally mess with your fat burning capacity. By the end of the next week I had lost 12 pounds. I was amazed that I could completely end drinking soda, which was motivated by reading in this book how bad it is usually for you. Over the years since then I have tried other diet plans, but could hardly ever really stick with them. Also, every other diet I have already been on felt like I was depriving myself of something, but the green tea really seems to prevent that. I no more eat like I utilized to eat after reading this very useful publication. Also, the tea really does seem to reduce my tension level, and I don't discover myself craving something similar to pizza or a cheeseburger merely to make the stress go away. The book is named a "17-Day Diet" but I am not sure why you would stop there. Three Stars Interesting theory, We didn't want to try it for greater than a couple days so can't comment on outcome Great It's great Good Buy Extremely informative. I am very little of a cook, so I don't actually make the dishes they way they're shown in the reserve, but I do make an effort to build my meals around the foods they recommend. They say you will consume 1,300 roughly calories per day, but I doubt I am anywhere near that low, but I am still losing weight and feeling much less stressed. Don't bother This could have already been an article.. Simply repeats itself and doesn't have very many quality recipes which is why I purchased it. Very disappointed. =( Diet book review The BEST part of the book was that it gave recommended dosages of the actual compounds in the green tea--which enabled me to go to a drug store and buy capsules with just what would be in actual 4/5 cups of tea! Very Informative. NOW, because of this well-written book, I can HOPEFULLY get the same impact via the capsules! I also tried the Atkins Diet plan again, but it was not almost as effective the second time. Lots of really good information besides diet. Not really a book. My doctor says that slimming down and keeping it off takes a change in eating lifestyle. A decade ago I continued the Atkins Diet plan for six months and lost about 40 pounds.. I used the diet for one week and lost weight. I intend to do the 17 days after the weather warms up within the North. I occasionally look up at 2:00 or 2:30 and realize that I have forgotten to eat lunch which is something that never happened certainly to me before. I do Nothing like drinking hot beverages, but was going to attempt it to lose more belly fat! THE VERY FIRST THING That Has Worked FOR ME PERSONALLY in quite a while I used to be able to lose weight pretty quickly when I set my mind to it. Excellent! Finally a flexible arrange for losing weight without being about a diet!. This publication agrees! After reading all of the amazing benefits of green tea extract I can't imagine not really drinking it every day! I also intend to utilize it when cooking instead of drinking water. The smoothies are flexible enough to get the combinations that taste best to you and to boost your servings of vegetables and fruit every day. It is the lifestyle change I've been looking for! she like it. I got this for my friend, she like it. GOO-GLIT Easy enough to follow but I possibly could have googled it Three Stars Just what I thought the diet would be. This is an easy way to live. The information was invaluable. The part that was slightly bothersome about the reserve was portions of it read like I was watching an

enformercial and I kept waiting to see the but in the event that you act now, or for just so much more. Plenty of excellent information besides diet plan info.. Overall, 4 celebrities because the remaining book provided understanding, a balanced meal suggestion, and suggested but not required workout regime. All shown at length.



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