



## Easy to Follow Protein Diets: Protein Diets Diet Plans

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By Louise A Costas, Costas Louise a

Cooking Genius, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The amount of different types of diets on the market can be overwhelming; especially when you don't have enough information on exactly what constitutes a particular diet. If you are looking into protein diets, this book Easy To Follow Protein Diets - Protein Diets Diet Plans is a great little guide for gaining a better understanding of different types of protein diets and their claims. The Dukan diet is especially popular; but how much do you really know about it? Have you heard of it before? This book goes into detail on the different phases that make up this particular diet so that you can be well informed on if this protein diet is one to pursue based on what you are looking for. It is an easy diet to follow. Also included in this book specifically for the Dukan diet are recipes that can be prepared for it.



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