



17 Day Diet Recipes Reloaded (Boxed Set)

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The *Seventeen Day Diet* allows a person to lose weight quickly and at the same time keep it off. The diet was created in cycles in order to change foods around so that a person does not eat the same foods all the time. Therefore, they do not get tired of eating the same foods. The diet also allows things like alcohol and carbohydrates that are normally forbidden on other diets. The diet is broken down into four simple parts that make it easy to follow and allow *maximum weight loss*. The four parts are *the accelerate, the activate, the achieve* and *the arrive*.

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