



The Turbo-Protein Diet: Stop Yo-Yo Dieting Forever

Dieter Markert

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Stop Yo-Yo Dieting Forever! The book that explains how an initial plan of liquid nourishment composed of primarily vegetarian proteins cleanses the body in preparation for the moderate exercise program and healthy meal plan explained in detail. This diet ends the frustration of repeated failure, bringing a healthy, slim body within anyone's reach. Powder sold separately.

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