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The Sweet Potato Diet

By Michael Morelli

Da Capo Press, United States, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. When most people hear carb-cycling they often think it sounds too complicated to start and too difficult to maintain. Popular fitness guru Michael Morelli, who has more than four million social media followers, takes the fear away from traditional carb-cycling by simplifying it into one nutritionally packed powerhouse. The Sweet Potato Diet is for carb lovers who don't want to give up their favorite food group to lose weight. You don't need to be a gourmet chef to excel at the diet, which includes forty-five step-by-step, easy recipes for meat, fish, poultry, vegetables, snacks, and shakes. The program is accessible and it really works. The Sweet Potato Diet sets you up for sustainable results and lasting success that will lock in your fat loss so that you won't ever have to worry about a nasty rebound.

Reviews

This publication may be worth purchasing. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Cassandra Von**

Unquestionably, this is actually the very best job by any publisher. It really is basic but unexpected situations within the 50 % from the book. I discovered this book from my dad and i advised this publication to discover.

-- **Dr. Willis Walter**