



## The Hcg Diet: Everything You Need to Know about the Hcg Diet and More.

By G McGwire

Createspace, United States, 2011. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The hCG Diet Book (Paperback Edition) This book is the paperback version of the very popular and top selling kindle version of The hCG Diet . This book is about the new HCG Diet; including a diet preparation checklist, weekly menu worksheet, diet daily journal, and even dessert recipes to use while on the diet. Learn how to lose that extra weight and be healthy while doing so. Table of Contents Chapter 1: What Is the hCG Diet? Chapter 2: The hCG Diet Step by Step Chapter 3: Weighing the Options Chapter 4: Does the HCG Diet Have Side Effects? Chapter 5: Exercise and the hCG Diet Chapter 6: Journal Your Way to Success Chapter 7: How Much Is Enough Weight to Lose? Chapter 8: Get Ready, Get Set, Go! hCG Diet Preparation Checklist Weekly Menu Worksheet hCG Diet Daily Journal Chapter 9: Avoiding Common Pitfalls Chapter 10: Desserts for Desperate Moments Chapter 11: Maintaining Your Momentum Chapter 12: Beyond the Scale Get your copy of The HCG Diet- Everything You Need to Know about The HCG Diet...

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