

17 Day Diet: The Ultimate Step By Step Cheat Sheet On How To Lose Weight & Sust

By Samantha Michaels

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For beginners, the 17 Day Diet recommends a mere 17 minutes of exercise each day. This can be as simple as walking,

<http://www.dietsinreview.com/diets/the-17-day-diet/>

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Samantha Michaels is the author of Eat To Live Diet (5.00 avg rating, 5 ratings, 1 review, published 2013), 70 Top Green Smoothie Recipes

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