

### The Cheat System Diet

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### Reviews

*This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throgh reading time. Your life span will be enhance when you complete looking at this publication. (Laurence Littel)* 

#### THE CHEAT SYSTEM DIET



St Martin's Press. Paperback. Book Condition: new. BRAND NEW, The Cheat System Diet, Jackie Wicks, Who doesn't love to cheat? Finally- a successful weight-loss program that allows you to eat that cupcake (and still lose weight!) For nearly a decade, PEERtrainer- a wildly successful online "weight-loss lab"- has provided its members with the best information on how to be successful at losing weight. Now The Cheat System Diet, tested and proven by hundreds of thousands of PEERtrianer members, brings the expertise to you. The Cheat System Diet is based on a simple list that divides foods into two categories: Cheats and Eats. Cheats are foods we all crave (cookies, anyone?) and Eats are nutrient-dense foods. You can eat as many Eats as you like. And you start with a certain number of Cheats every day, then earn more by making especially healthy choices, like having a big salad before dinner. With The Cheat System Diet, PEERtrainer founder Jackie Wicks takes all information you know about dieting and gives you a proven framework to make eating work for you: Nothing is restricted; Eats are unlimited; Exercise is reasonable; No need to count calories, fat, fibre, or sugar. With three weeks of comprehensive meal plans, an easy-to-follow exercise schedule, and more than 100 delicious recipes, The Cheat System Diet will Revolutionize your approach to food and shrink your waistline. This supportive, easy-to-follow program allows you to eat well and lose weight, while still enjoying your favourite guilty pleasures.

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