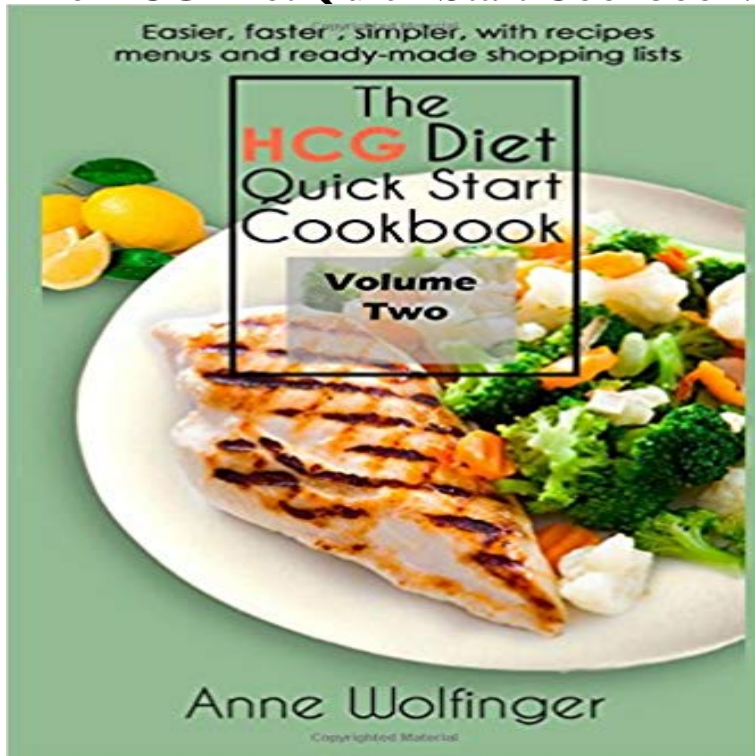


## The HCG Diet Quick Start Cookbook: Volume Two



Praise for The HCG Diet Quick Start Cookbook: Volume Two Anne has written an insightful and informative book on how to make the HCG diet a successful experience. The menus and recipes are valuable aids in making this diet achieve success. So enjoy this excellent book on your way to the optimal HCG experience. Dr. Michael Bergkamp, ND Who wants to be in the kitchen when you're on a diet? The HCG Diet Quick Start Cookbook: Volume Two is the fastest, easiest way to do the HCG diet. Here's how: The HCG Diet Quick Start Cookbook: Volume Two takes its cue from the bestselling HCG Diet Quick Start Cookbook: 30 Days to a Thinner You which features weekly menus complete with shopping lists. Going one step further, The HCG Diet Quick Start Cookbook: Volume Two calls for cooking a delicious entree once, and eating it throughout the week. That's the Quick Start version of fast food—simple, tasty, convenient, economical, packable, and, best of all, diet-friendly. New to the HCG diet? No problem. The HCG Diet Quick Start Cookbook: Volume Two covers the basics you need to know. You get the lowdown on the HCG diet protocol and the food dos and don'ts, but you don't have to figure it all out. This HCG cookbook does that all for you. The HCG Diet Quick Start Cookbook: Volume Two features all new recipes, like Garlic Shrimp Scampi and Greek Cinnamon Chicken. With plenty of variety, you'll never be bored on your HCG diet. Let The HCG Diet Quick Start Cookbook: Volume Two be your roadmap to success on your HCG diet.

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