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The Cheat System Diet Jackie Wicks, 2014-05-06 Do you know a great deal about losing weight and staying fit but are having a hard time following through Do you feel like you are doing everything right but not losing the weight you want The Cheat System Diet works because it acknowledges that a certain amount of cheating when you eat is normal and gives you a plan do to this the RIGHT way The Cheat System Diet helps you feel better quickly because it removes the stress and the guilt around traditional diet and exercise 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 PEERtrainer members brings this expertise to you The Cheat System Diet is based on a simple list that divides foods into two categories Cheats and Eats Cheats are the foods we all crave cookie 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 the information you know about dieting and gives you a proven framework to make eating work for you Follow Jackie s smart three week program and you ll find Nothing is restricted eat any food you like Eats are unlimited eat as many Eats as you want Exercise is reasonable no more spending hours every day at the gym No need to count calories fat fiber or sugar just focus on eating your Eats 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 at the same time This supportive easy to follow program allows you to eat well and lose weight while still enjoying your favority guilty pleasures

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