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Since Dr. Mike Moreno first published The 17 Day Diet in 2010, millions of people have lost weight using his fast, safe, and extremely effective plan. More > Dr. Mike listens to his 17 Day Dieters as carefully as he listens to his own patients, and he is always on top of the cutting-edge research in the field of weight management.

Home | 17 Day Diet® by Dr Mike Moreno | #1 Best-selling Diet

The 17 day diet was created in 2010 by US Doctor Mike Moreno ('Dr Mike') and offers a varied diet plan with the aim to shift visceral fat, the diet is divided into four phases. The plan is aimed at everyone whether the aim is to lose a little or a lot of excess weight; it has proven very popular with dieters claiming the weight they lose does not return.

17 Day Diet Menu

Based on Michael Rafael Moreno's 2011 book, "The 17 Day Diet: A Doctor's Plan Designed for Rapid Results," the regimen is purportedly built to help you shed pounds quickly and permanently. The diet...

What is the 17-Day Diet? A Detailed Beginner's Guide | U.S ...

17 Day Diet Cycle 1 Sample Menus Day 10 Wake Up Drink: Hot Water with Lemon Breakfast: 1 Whole Scrambled Egg 2 Chicken Apple Sausage Patties (recipe on page 41) Remaining Apple, sliced 1 Cup Green Tea Lunch: Cool Cucumber and Strawberry Salad (recipe on page 14) 6 oz Low-Fat Fruit Flavored Yogurt 1 Cup Green Tea

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17 day diet recipes, 17 day diet food and water tracking, 17 day diet exercise tracking, 17 day diet meal plans, and in addition, you'll find a 17 day diet weight loss progress graph - all in this handy app! Meanwhile, we also have a Meal Plan app (iPhone, Andriod phones, and Kindle).

17 Day Diet Cycle 1, Cycle 2 & Cycle 3 - Food List ...

Kicking off your days with 17 days diet recipes and its healthy variants may sound perfect. Before I review about the recipes, let me describe briefly about sample menu of cycle 1. This 17 days diet recipes should be based on allowed or restricted foods in every cycle. Accordingly, you will gain clear picture of 17 days diet cycle 1 and able to stick on it for your own good.

17 Days Diet Recipes: Perfect Outset for Cycle 1 - Keep ...

The newest edition of the best-selling 17 Day Diet by Mike Moreno, MD, promises to help you rev up your fat-burning metabolism, shed pounds, and build healthy new habits. The key, according to the...

The 17 Day Diet - WebMD

Moreno says his unique plan keeps a dieter's metabolism guessing, and thus better at burning fat, by alternating the calorie counts and food options in each of the 17-day diet cycles. He also...

Diet Decoder: 17 Day Diet is a modified Atkins plan | The Star

byPenny Hammond. onMay 25, 2013. The 17 Day Diet (2011) is a low-processed food, low-sugar, low-fat "body confusion" diet that gets progressively less restrictive and can be used in cycles. 4 stages, progressively less restrictive. Start with high lean protein, high non-starchy vegetables, probiotics, no starches.

The 17 Day Diet by Mike Moreno: Food list - What to eat ...

So if you're not sure how a typical Cycle 1 day looks like, here's a sample of a 17 Day Diet Cycle 1 Meal Plan. Before we get into the nitty gritty of what an actual 17 Day Diet Cycle 1 meal plan looks like for a typical day, let's go over the basics.

17 Day Diet Cycle 1 Meal Plan | My 17 Day Diet Blog

The 17 Day Diet is a popular weight loss program created by Dr. Mike Moreno. It claims to help you lose up to 10-12 pounds (4.5-5.4 kg) in only 17 days.

17 Day Diet Review: Does It Work for Weight Loss?

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The 17 Day Diet was created by Dr. Mike Moreno. His book was first published in 2010. The 17 Day Diet is suggested to help you lose weight quickly and develop healthy eating habits. The key to this diet is to constantly change food and calorie intake, which is said to increase your metabolism.

17 Day Diet Review: Can Dr. Mike's Diet Plan Help You Lose ...

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