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THE PROTEIN EXPRESS DIET: RAPID WEIGHT LOSS WITH A SIMPLIFIED LOW CARB, HIGH PROTEIN DIET



Createspace, United States, 2013. Paperback. Book Condition: New. 201 x 130 mm. Language: English. Brand New Book ***** Print on Demand *****. The Protein Express Diet is a proven protein-intensive, low-carb diet with a strong emphasis on fast and easy food preparation. It is a rapid weight loss diet that is ideal for busy people who often find themselves relying on fast food or processed, easy-to-prepare meals. The Protein Express Diet offers a simple 5-step plan for rapid weight loss,...

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- Authored by M R Ford
- Released at 2013



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