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### **[PDF] 17 Day Diet Bible: The Ultimate Cheat Sheet & 50 Top**

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The 17 Day Diet Cycle 1 part of the weight loss plan focuses on no sugar, very low-fat, and no starchy foods such as white breads, pasta, and potatoes. The 17 Day Diet Cycle 1 Food List is filled with different food choices and encourages dieters to enjoy at least 2 probiotic per day along with low-sugar fruits such as berries, apples and plums.

### **17 Day Diet Cycle 1 Food List | My 17 Day Diet Blog**

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About Dr. Mike & The 17 Day Diet Dr. Michael Rafael Moreno, better known as "Dr. Mike," is a graduate of the University of California at Irvine and Hahnemann Medical School (now Drexel University).

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

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### **17 Day Diet cycle 1, cycle 2 & cycle 3 Foods List**

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**17 Day Diet by Samantha Michaels Â- OverDrive (Rakuten**

The 17 Day Diet Bible also comes with 50 delicious, healthy and diet friendly recipes that can go along with your diet. It also comes with a diet diary and workout planner to help you through the program.

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