



## The Protein Express Diet: Rapid Weight Loss with a Simplified Low Carb, High Protein Diet (Paperback)

By M R Ford

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, as well as a specific strategy for avoiding weight regain once reaching your goal. The book is full of tips, techniques and strategies that can be used either independently or in conjunction with nearly any other low-fat or low carb diet. The book also covers exercise and thermal weight loss techniques, and introduces a revolutionary way to burn more calories while walking. The book includes these chapters: Chapter 1: Overview of Macronutrients and The Importance of Protein \* Explains the role of the macronutrients: carbohydrates, fat and protein. Also covers the role of the hormone insulin, and explains the critical role of protein. \* Includes an overview of low-carbohydrate, protein-intensive diets, the advantages of these diets, and why they work....

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