

THE ULTIMATE TEA DIET



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The Ultimate Tea Diet harnesses tea's incredible weight-loss potential in a straightforward plan for losing weight in a safe and healthy way. Tea's ability to encourage weight loss comes from the synergy of its three main ingredients: caffeine to stimulate, L-theanine to neutralize the harmful side effects of caffeine and act as an appetite suppressant, and EGCG, which causes you to burn fat faster and more efficiently.

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The Ultimate Tea Diet Burn Fat and Lose Pounds Fast and

Overview. The Ultimate Tea Diet harnesses tea's incredible weight-loss potential in a straightforward plan for losing weight in a safe and healthy way. Tea's ability to encourage weight loss comes from the synergy of its three main ingredients: caffeine to stimulate, L-theanine to neutralize the harmful side effects of caffeine

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Ultimate Tea Diet Diet Review

Learn the vast healthy and weight loss benefits of following a strict tea regimen in The Ultimate Tea Diet, written by the self-appointed Dr. Tea.

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Ultimate Tea Diet Overview Freedieting

Ultimate Tea Diet Basics. Half the plate should be covered with healthy carbohydrates including fruit, vegetables and whole grains. A quarter of the plate should contain lean protein such as chicken, fish, lean beef, egg white or tofu and a quarter of the plate should contain green or red vegetables.

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The Ultimate Tea Diet by Mark Ukra goodreads com

It's proven! Tea can be a powerful tool for fast and lasting weight loss. "The Ultimate Tea Diet" harnesses tea's incredible weight-loss potential in a straightforward plan for losing weight in a safe and healthy way. Tea's ability to encourage weight loss comes from the synergy of its three main

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The Ultimate Tea Diet Slimming Solutions

Recommended foods for the Ultimate Tea Diet Lean beef, fish, egg whites, turkey breast, non fat yoghurt, popcorn, fruit and vegetables, sweet potato, raw nuts, brown rice, cream of wheat, oatmeal, olive oil and flaxseed.

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Lettuce-Wrapped Tea Turkey Burgers. Combine the turkey, eggs, celery, tomatoes, cheese, parsley, Worcestershire, dry tea, hot sauce and panko in a medium bowl, mixing lightly until all ingredients are incorporated. Divide into four portions and form into patties. Heat a grill pan or barbecue to medium.

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