

WHAT IS OMNI DIET



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Omni Diet Review What You Can Eat and What to Expect

Alcohol is not allowed in Phase 1 and preferably Phase 2 of The Omni Diet. If you must drink in Phase 2 and beyond, Amen recommends limiting yourself to two glasses of wine or cocktails per week.

<http://ebookslibrary.club/download/Omni-Diet-Review--What-You-Can-Eat-and-What-to-Expect.pdf>

What Is the Omni Diet Plan What to eat and foods to avoid

The Omni Diet plan was created by Tana Amen, who is a nurse and fitness expert. It promotes a holistic approach to losing weight by encouraging dieters to eat a diet that is 30% protein and 70% plant based. She also requires foods to be all organic and has several other restrictions.

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Omni Diet Review DietSpotlight

The Omni Diet is a lifestyle diet plan that incorporates a 70 percent plant, 30 percent protein nutritional model. It is meant to run a six-week cycle to educate participants on how to eat healthier, what foods to eat, which foods they have been taught were considered healthy but are not and why, as well as what nutrient-dense foods are and why they are essential.

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What is The Omni Diet Plan Food List Recipes Phases

This is the Omni diet system. According to the reviews, this system will help you lose up to twelve pounds in as little as two weeks. This is what Tama Amen claimed. What you are expected to eat when following this diet are plants and lean proteins. So, it is a perfect combination of a plant based diet and a high protein one.

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What Is the Omni Diet Plan LoveToKnow

The Omni diet is a program that Amen used to help treat her own digestive troubles, infections, and thyroid cancer. With this program, you'll eat healthy foods in a specific ratio to keep yourself healthy as well as controlling your weight.

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Omni Diet Lose 12 Pounds in 2 Weeks Freedieting

The Omni Diet was written by Tana Amen after she successfully cured her chronic health issues by eating the right foods. While battling digestive problems, constant infections, and even thyroid cancer, Tana discovered that healthy eating was the answer.

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