

## [OMNI DIET](#)



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### **Omni Diet Review What You Can Eat and What to Expect**

Ready to shed 12 pounds in 2 weeks? You could on The Omni Diet by Tana Amen, RN. The plan has three phases. Like many diets, the first phase is the most restrictive. The second phase loosens up a

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### **Omni Diet Review UPDATE 2018 19 Things You Need to Know**

The Omni diet is an eating plan focused on consuming plant foods and lean meats. The plan claims you can lose up to 12 pounds in just two weeks and beat illnesses like diabetes, fibromyalgia and lupus.

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### **Omni Diet Lose 12 Pounds in 2 Weeks Freedieting**

Omni Diet Highlights. Tana Amen describes The Omni Diet as 70% plant and 30% protein. The plan is dairy free and only includes foods that are organic, hormone free, and non-inflammatory.

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### **Omni Diet Rules And Sample Menu By Tana Amen Fitneass**

Omni Diet was designed by Tana Amen after she managed to solve health problems only with an appropriate diet. After escaping from digestive disorders, recurrent infections and even cancer of the thyroid, Tana found that healthy food is the solution.

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### **What Is the Omni Diet Plan LoveToKnow**

Tana Amen, creator of the Omni diet, is a nationally recognized speaker and nutrition consultant. She's also a registered nurse and health expert. 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

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### **210 Best Recipes The Omni Diet images Healthy Food**

What others are saying "White Bean Soup for the Wise from the Omni Diet: This is a tasty recipe, especially if you soak the beans overnight like the recipe says because the beans are nice and soft.

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**The Omni Diet by Tana Amen 2013 What to eat and foods**

The Omni Diet (2013) is a paleo-like diet and healthy eating book. 70% calories from plant foods, 30% from protein; Lots of nonstarchy vegetables; protein from naturally raised animals

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