



## The 3-Hour Diet on the Go

By Jorge Cruise

HarperCollins Publishers. Paperback / softback. Book Condition: new. BRAND NEW, The 3-Hour Diet on the Go, Jorge Cruise, More Than 600 New Options! Imagine eating your favorite foods every 3 hours to finally get the results you've been searching for. NO calorie-counting, NO carb deprivation, and NO skipping sweets. Based on the revolutionary principles of Time-Based Nutrition(TM), this pocket guidebook will give you the slimming secrets you need to enjoy fast food, restaurant meals, gas station gourmet, and much more! Visit [www.3hourdiet.net](http://www.3hourdiet.net) for your free personalized weight-loss profile.

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