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## The Eat-clean Diet Recharged: Lasting Fat Loss That's Better Than Ever

By Tosca Reno

MuscleMag International. Paperback. Book Condition: new. BRAND NEW, The Eat-clean Diet Recharged: Lasting Fat Loss That's Better Than Ever, Tosca Reno, Revised and fully updated with more than 50 new and easy recipes The world of weight loss changed forever when "The Eat-Clean Diet" burst on the scene in January 2007. With help from author Tosca Reno, millions of people who had given up hope for permanent weight loss cleaned up their acts and rediscovered their true, leaner selves. The best part? They did it without starving, without counting calories, and without obsessing over the scale. "The Eat-Clean Diet Recharged!" is the next generation of Eating Clean. Updated and revised, it's got all the facts from "The Eat-Clean Diet"--plus much more. Look inside for in-depth information on - how to get--and stay--motivated - living a longer, happier, more productive life - how to take the plunge into an exercise program - solutions for cellulite, saggy bits, and loose skin - using food to raise your metabolism and burn fatPlus! - 50 new recipes - more menus, including vegan and gluten-free plans - how to Eat Clean anywhere, from parties to restaurants to on the road - more FAQs than ever...



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