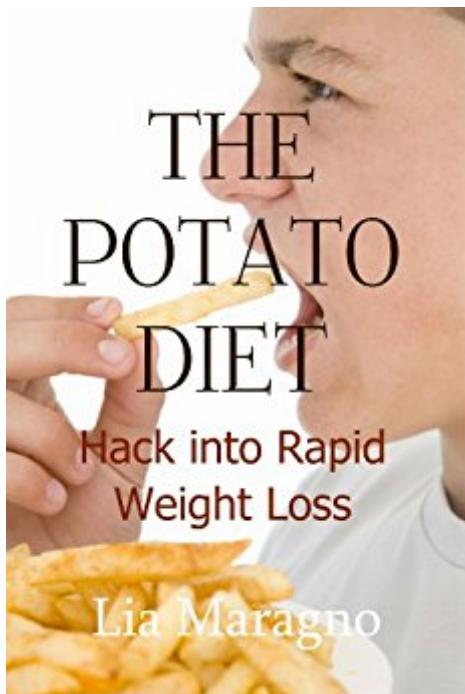


The book was found

The Potato Diet: Hack Into Rapid Weight Loss



Synopsis

Imagine eating as many french fries, mashed potatoes, hash browns and baked potatoes you wanted while losing gobs of weight. This is exactly how the Potato Diet works. Also known as a Potato Hack, it allows you to forget about calorie counting. This is meant to be done over a short period of time 2-4 weeks to break through a weight loss plateau and get your metabolism in high gear again. You get to actually enjoy feeling full and satisfied, energetic and happy while getting rid of excess body fat. The Potato Diet is not only easy, it is an extremely cheap way to eat too!

Book Information

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Customer Reviews

Eat potatoes.....that sums up the book. I was desiring a bit more information especially about potatoes as a resistant starch. I suspect there is more to say about potatoes and await the day a comprehensive book arrives.

This book is a simple knock-off of Tim Steele's early research into resistant starch. There are no original ideas. Don't waste your money. Here is the book you are looking for: The Potato Hack: Weight Loss Simplified

There's far more information available on many free websites than in this book. I read the whole thing in about 3 minutes and did not learn anything.

Like ALL original books published by , this one appears to have never been edited. Mangled syntax and grammar mistakes abound.

Very good and shortEasy to read. Also recommends other book,s to readl read this in kindle free.

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