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What is the Zone Diet? This is a diet form that primarily consists of consuming foods with high protein and low carbohydrates on 5 equally balanced meals that span throughout the day. This book will introduce you to the Zone Diet, it's benefits, and how to implement it into your life with 75 recipes and a 2 week meal plan Here's a preview of what's inside. Origins of Zone Diet; Basics of The Zone Diet and How It Works; Benefits of The Zone Diet; What Advantages Does The Zone Diet Have Over ...

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