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The 1st 15, were on the 1st 17 day cycle. Several points: this is not a 17 day crash diet. This is a lifestyle change. It is also, essentially, the bare bones of what we should be eating, but dont. There are 3 17-day cycles, then a maintenance plan after youve learned to eat properly.

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The 17 Day Diet Book By Dr Moreno

/ 17 Day Diet Book The 17 Day Diet: A Doctor s Plan Designed for Rapid Results It is highly recommended that you read this book prior to starting the 17 Day Diet.

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