

## [THE ULTIMATE TEA DIET](#)



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Tea can be added to any other diet plan the reader is on and produce positive weight loss results. Not only has Dr. Tea created "The Ultimate Tea Diet", he has unlocked the potential for every other diet plan to work as well. ber den Autor und weitere Mitwirkende. Mark "Dr. Tea" Ukra's family has been in the tea business for more than 200 years.

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### **Ultimate Tea Diet Overview Freediating**

The diet is based on three basic steps: Discover a tea that you like. Drink it all day. Follow a simple diet plan. Ultimate Tea Diet Basics. Ukra starts by recommending that dieters wean themselves off coffee by replacing it with any kind of tea that they like. Dieters can select from green tea, black tea, oolong tea or white tea and may consume it hot or iced.

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### **RECIPES The Ultimate Tea Diet ABC News**

Mark "Dr. Tea" Ukra, the leading authority on tea, revealed the potential health benefits of the ancient herbal drink on "GMA NOW." Armed with a briefcase full of tea, "Dr. Tea" showed us how people around the globe are losing weight and staying healthy with his Ultimate Tea Diet. A sneak peak of some recipes from his book are below.

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### **The Ultimate Tea Diet eBook von Mark Ukra kobo com**

In other words, tea reduces your appetite and stimulates your metabolism. Don't worry you won't go hungry on the Ultimate Tea Diet. The food plan includes tea-based meals for breakfast, lunch, and dinner as well as tempting choices for midday snacks and sweet treats.

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### **The Ultimate Tea Diet How Tea Can Boost Your Metabolism**

The Ultimate Tea Diet has 95 ratings and 31 reviews. Jamie said: Tea is good. Find a tea you like and drink tea all day. There, I've saved you \$22 and a

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