



## The Paris Diet (Paperback)

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By Monique De Warren, Noreen Nash

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I m on a diet are four well-intentioned words spoken by millions of Americans every day. 40 to 50 million people will go on diets this year, and 80 per cent of them will gain the poundage back before the year is over -- but that doesn't have to be you, not if you read and follow THE PARIS DIET. As Hollywood actress and bestselling author Noreen Nash and her able team of researchers and editors insist, diet doesn't have to be a bad word. This book had its genesis in a sidewalk cafe in Paris over an excellent bottle of wine and some fresh shucked oysters, begins Nash, explaining how the city of Paris, synonymous with fine dining, inspired THE PARIS DIET, and how the mouth watering recipes with a French flair contained in the book cannot only make you thin, but make sure you stay that way. THE PARIS DIET is a 21 day plan which allows around 1200 calories a day for a woman and 1500 for a man. The meals are designed not only to be...



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