



The 3-1-2-1 Diet: Eat and Cheat Your Way to Weight Loss--up to 10 Pounds in 21 Days

By Dolvett Quince

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This 21-day program works by manipulating your body's natural tendency to slow its metabolic rate in response to calorie restriction. It takes a new approach to getting lean--one scientifically based on changing up food and calories to tap into your body's potential to burn fat. This unconventional plan results in greater muscle and less fat than any other diet you've ever tried.

Dolvett's effective eating plan is as easy as 3-1-2-1: three days of clean eating, one day of cheating, two more days of clean eating, and one final reward meal at the end of the week. No foods are off limits and you will never feel deprived because the plan is flexible enough to fit into any lifestyle. You'll lose weight fast--10 pounds or more in just 21 days--and you won't plateau.

Dolvett's simple meal plans and delicious, easy-to-prepare recipes, together with his fast and effective workouts that combine cardio and body-shaping moves, will have you back in your skinny jeans in less than three weeks!

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