



# The HCG Diet Cookbook for GUYS: Get Gut Free!

*Anne Wolfinger*

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**\*\*Free bonuses: downloadable, printer-ready menus and shopping lists!\*\*** The HCG Diet Cookbook for GUYS can be the secret to your success in the weight loss game. Use the HCG diet to jumpstart your rapid weight loss and get you going on a lifetime of better health. Since being introduced in the 1950s by a British endocrinologist, the HCG diet has helped countless individuals (myself included) to get rid of stubborn, unwanted weight, one and for all! Weight loss is about more than the way you look. When you're overweight (and you know when you are), it's hard on you physically. A big gut makes your back curve (and ache), your shoulder slump, your chest cave in, and your feet strain. Not a pretty picture. And inside your body, unnecessary fat is coating your vital organs and clogging your arteries, affecting your cholesterol, your blood pressure, your sleep. Let's not even talk about your sex drive. The HCG Diet Cookbook for GUYS lays out an entire game plan for your weight loss. The HCG diet has very specific do's and don'ts, especially for Phase II. The book has it all figured out for you, with weekly menus and recipes. Even one-trip shopping lists! I like to think of it as brainless, in a good sort of way. What makes The HCG Diet Cookbook for GUYS different from my other book, The HCG Diet Quick Start Cookbook? It's sort of designed for lazier cooks. What I mean is the recipes create several portions so you can eat more planned leftovers throughout the week. Easy, huh? And all the recipes are packed with flavor and taste so you'll look forward to that next meal. So get in the weight loss game and become a real loser!

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