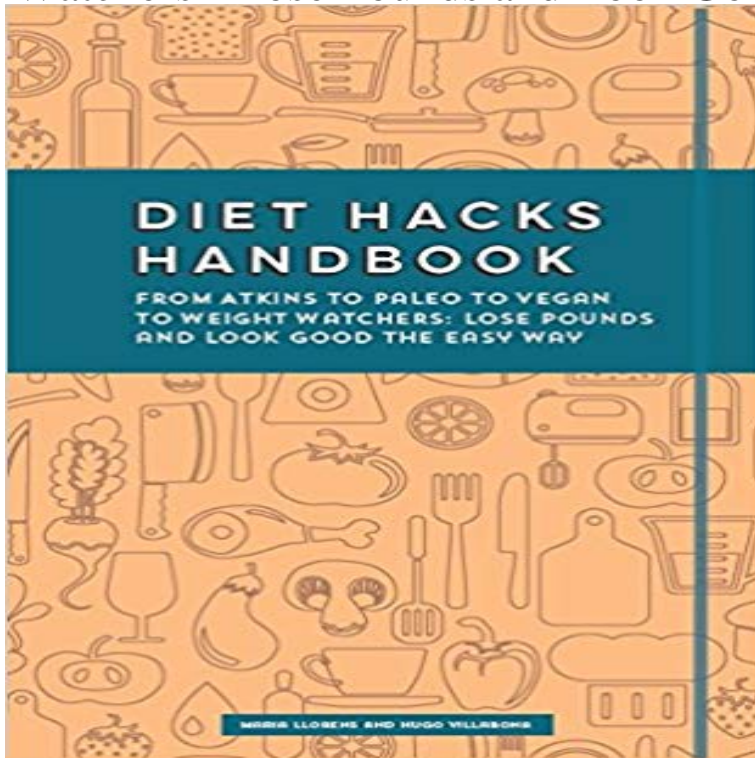


Diet Hacks Handbook: From Atkins to Paleo to Vegan to Weight Watchers - Lose Pounds and Look Good the Easy Way



Tired of wondering which fad diet you should try? Weve got you covered. From ATKINS to PALEO to going VEGAN, weve broken down a bunch of popular diets to help you decide what works for you. Learn about your bodys basic nutritional needs to help you pick a program or lifestyle. Learn about the best tech for getting the data you need to stay healthy and bust those pesky dieting myths. Whether you want to lose weight, be fit, or simply eat more vegetables?weve got a hack for it.

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