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# The 2 Week Diet - The Fastest Way To Lose Weight: Weight Loss - Lose Up 8 To 16 Pounds In 2 Weeks



## Synopsis

New Version: Update (22/07/2017) If you are overweight or suffer from obesity and want to lose weight because you are afraid of diabetes, heart disease, stroke and other diseases – Then 2-week diet is an exact program for you. Created by a well-known nutritionist, personal trainer, and author Brian Flatt. The 2 Week Diet is a foolproof, health-based diet system that's designed to help you lose weight quickly. The 2 Week Diet promises you that change in just 14 days. This program is suitable for everyone, but it is unique. Unlike other diet programs, it harnesses the power of psychology, and benefit from faster results. With this 2-week diet system, you will get a uniquely tailored guide with a full meal plan and exercise regimen and motivational guide for the next 2 weeks.

**What is The 2 Week Diet?** The 2-week diet is a health based diet system designed to help you lose weight quickly. On average, people who undertake The 2 Week Diet lose up to 6 pounds of weight over 14 days. Many can reach their ideal weight with this diet. It all depends on how much effort you put in the diet. But do not worry, Brian is there to help you throughout your journey and provide everything you need to achieve your goals. You can also continue the diet beyond two weeks to lose even more weight! It's really up to you!

The 2-week diet is a combination of different diets that are concatenated in different phases. The diet begins with a detoxification phase, then an optional fasting phase followed by two different low carb phases.

**How Does The 2 Week Diet Program Works?** The 2 Week Diet Program is designed to help burn body fat in your hips, thighs, belly and butt. One of the cornerstones of the 2-week diet is The 3 Pound Rule which ensures that the weight you have lost, stays lost forever. Once the 2-week diet is complete, or once you've reached your goal weight, it will continue to weigh yourself every day. If at any time the scale reads 3 pounds or more than your ideal weight, it immediately begins Phase 1 of the 2-week diet until the weight is back to your ideal weight. This allows you to enjoy – cheat – meals every once in a while – and remains subtle. All recommended foods in Week 2 diet are not expensive and can be found at your local grocery store or supermarket. In fact, you will probably save money by following The 2 Week Diet since every meal is set out for you in the exact quantities according to your measurements – with no leftover waste!

This diet provides real foods that taste great and pack a fat-burning punch! There are special teas, detox juices, diet shakes or anything like that. Just good wholesome food! The given workouts are very minimal and not a requirement if you want to lose weight through diet two weeks. They help to speed up the process, but you can still lose so much weight, focusing solely on your diet. If you choose to make them, they are very light and not tiring. A gym membership is not required.

## Book Information

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## Customer Reviews

It doesn't give you actual recipes or exercises to do. It gives information on how the body works that you can find on the internet for free. This is a long brochure/advertisement for his own personal shake mix and diet supplements (pills) that he is trying to sell. You can get the same stuff at a grocery store for a lot less money (just read the labels). This is a waste of money and I wish I could get a refund on the purchase.

Can't read several pages due to pics on top of text

The text is "blanked out/covered" in several areas so that you cannot read it.

This book is not prepared for Kindle and a lot of it cannot be read or viewed. It is aimed at the American market and plugs drinks etc which cannot be purchased in the UK. The principle is OK but the book is pretty much a waste of money.

Wasted money. Cannot read content. Needs to be deleted from

Could not see all of the words lots and lots of empty pages could not figure out what all he wants me to do with all the talk at the beginning didn't match what 2nd part of the book says to do just confusing

Ok people... this is ridiculous. I downloaded the version from my email and read the book... basically if you want to starve yourself and eat veggies then you'll lose weight. I'm in the process of trying to get my money back. DO NOT BUY!!!

I never saw my weight gain over the years as a big problem, until everything fell apart at once when my girlfriend left me. Years of bad habits all came together at once and I was a mess. After that, I tried all sorts of extreme diets that didn't work at all. That's when a friend recommended The 2 Week Diet to me and it's honestly changed my life. Even after reading it the first time, I was amazed to see how many things I believed about health and nutrition were just dead wrong. Thanks Brian. I love this new version.

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