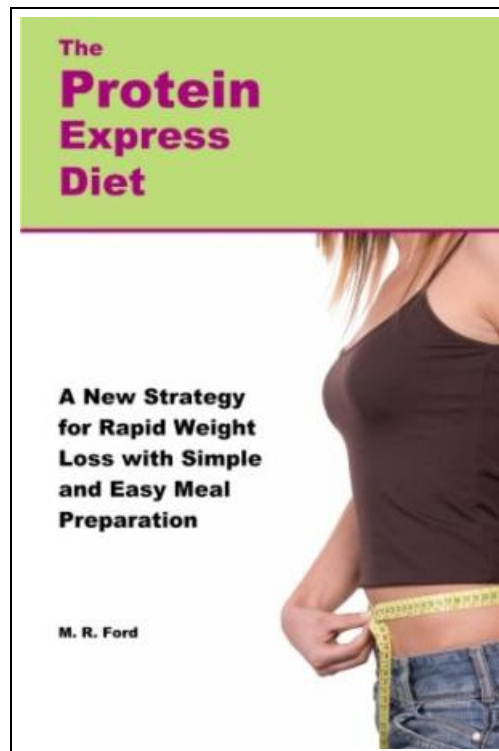


## The Protein Express Diet: Rapid Weight Loss with a Simplified Low Carb, High Protein Diet



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## THE PROTEIN EXPRESS DIET: RAPID WEIGHT LOSS WITH A SIMPLIFIED LOW CARB, HIGH PROTEIN DIET



Createspace, United States, 2013. Paperback. Book Condition: New. 201 x 130 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Protein Express Diet is a proven protein-intensive, low-carb diet with a strong emphasis on fast and easy food preparation. It is a rapid weight loss diet that is ideal for busy people who often find themselves relying on fast food or processed, easy-to-prepare meals. The Protein Express Diet offers a simple 5-step plan for rapid weight loss, as well as a specific strategy for avoiding weight regain once reaching your goal. The book is full of tips, techniques and strategies that can be used either independently or in conjunction with nearly any other low-fat or low carb diet. The book also covers exercise and thermal weight loss techniques, and introduces a revolutionary way to burn more calories while walking. The book includes these chapters: Chapter 1: Overview of Macronutrients and The Importance of Protein \* Explains the role of the macronutrients: carbohydrates, fat and protein. Also covers the role of the hormone insulin, and explains the critical role of protein. \* Includes an overview of low-carbohydrate, protein-intensive diets, the advantages of these diets, and why they work. Chapter 2: The Protein Express Diet \* Gives specific instructions for creating highly nutritious, affordable and easy to prepare protein-intensive meals. \* Covers a simple 5-step plan for using the Protein Express Diet to achieve rapid weight loss -- and then keep the weight off forever. \* Alternatively, shows how to use the Protein Express Diet in conjunction with virtually any other diet. \* Covers the Protein Express Diet for vegans or vegetarians. \* Offers suggestions for breaking a fast food and snack habit. \* Provides a specific strategy for drawing a line in the sand regarding weight gain once...



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