

THE 17 DAY DIET MORENO DR MIKE%0A

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Since Dr. Mike Moreno first published The 17 Day Diet in 2010, millions of people have lost weight using his fast, safe, and extremely effective plan. More > Dr. Mike listens to his 17 Day Dieters as carefully as he listens to his own patients, and he is always on top of the cutting-edge research in the field of weight management.

[About The 17 Day Diet | Dr. Mike Moreno](#)

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[Easy Weight Loss: The 17 Day Diet - Lose Weight Fast](#)
[The 17 Day Diet: Easy Weight Loss.](#) The 17 Day plan is a weight loss diet, designed by Dr. Mike Moreno, to help you lose weight fast and then stay skinny if you want to through a healthy eating plan. The title is a little misleading: it's not a single diet that lasts 17 days but several 17-day diet phases that are followed consecutively
[The 17 Day Diet](#)

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[The 17 Day Diet Review: Does it Work?](#)

The 17 Day Diet, by Dr. Mike Moreno, only debuted in 2010 and quickly rose to compete with some of the biggest and oldest names in dieting. The book comes with mostly sound nutritional and fitness guidance and is outlined in such a way that makes it easy, almost effortless, to follow and see results.

[The 17 Day Diet by Mike Moreno: Food list What to eat ...](#)

[The 17 Day Diet \(2011\) by Mike Moreno: Food list What to eat and foods to avoid.](#) by Penny Hammond, on May 25, 2013. Coffee is allowed in all cycles of the diet Dr. Mike says that one to two cups a day is idea (implying you shouldn't have much more than that).