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THE NEW HIGH PROTEIN HEALTHY FAST FOOD DIET: THE EFFECTIVE WAY TO USE CONVENIENCE FOODS AS PART OF A LOW-CARB DIET



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The New High Protein Healthy Fast Food Diet: The Effective Way to Use Convenience Foods as Part of a Low-Carb Diet, Charles Clark, Maureen Clark, 'We've all heard of Jen and Madonna using high-protein diets to lose weight. It's a tricky one to follow safely, but with Dr Clark's sensible approach us mere mortals can do it too.' New Woman Do you ever eat take-away Indian, Thai or Chinese food? Do you usually...

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- Authored by Charles Clark, Maureen Clark
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