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# The Military Diet: Lose Up To 10 Pounds In 3 Days



## Synopsis

----- Bestseller!!!INCLUDES FREE

DOWNLOADS!-----Join the latest diet craze that is sweeping the nation!!!How to lose weight FAST! Lose 10 pounds in 3 days!Need to lose weight quick?Reunion or holiday parties coming up?Your wedding is next week and you didn't have time to shed some pounds?Hot date coming up?Need some diet motivation?Enter The Military Diet, which promises to help you lose up to 10 pounds in 3 days!!The Military Diet book offers:No frills.No fluff.No complicated explanations.Just results.This diet is for people who don't want to fuss with fancy diets or expensive fitness regimes.It's a "no bull" approach to RAPID, SHORT-TERM WEIGHT LOSS.The three day diet is easy to follow.The Military Diet provides diet guidelines, daily meal plans and tips and tricks to be successful on the diet.Most importantly, the book makes the process fun!It's more fun than the Dash Diet, or Wheat Belly diet or the Paleo diet or the Dr's Diet or the Eat to Live diet or the countless other diets out there. Include it in your diet evolution and lose weight now!While it is not a long term diet, it is an effective short term solution or a way to kick start a skinnier new you!No need for fancy recipes or complicated routines - fit this diet into your normal life and watch the pounds melt away.Lose weight without working out!!Lose weight fast without dieting (too long).The Military Diet tells you how to lose 10 pounds in 3 days, so scroll up and buy now to start losing weight now!!

## Book Information

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## Customer Reviews

I retired from the US Army after 21 years of service. I have held leadership positions ranging from Team Leader to Platoon Sergeant so take it from me when I tell you that the information in this book is not the way to go if you are looking to lose weight. Sometimes when a Service Member has trouble making weight/tape they will often try something like what is described in this book as a way to "cheat the system". Wrong answer! In the US Army if we have personnel who are struggling with their weight we send them to a dietitian and schedule them for additional PT. The dietitian monitors the Soldier medically and the Soldiers supervisor makes sure the Soldier gets the additional PT they need. Nothing like what is described within the pages of this book is ever utilized by the Soldiers chain of command nor his/her primary care physician. I purchased this book thinking that the author was perhaps a current or former Medical Corps Officer or Dietician, nope, just some dude that heard some nonsense from "laypersons" and decided to write a book about it, to his credit he tells us as much in the "Disclaimer". So in the opinion of this retired Non-Commissioned Officer, steer well clear of this.

I've followed the military diet on and off for about a year now, and I have dropped about 90lbs, make sure you take your days off and aren't overeating on those days, and following the diet strictly during the three on days and you will definitely see results continuously, I try to do it in 2 week cycles, I'll follow the diet for a week, 3 days on, 4 off, then again a second week, then go an entire week without following it and watching what I eat to a degree, and then start back up. I follow all the information from [www.Military-Diet.com](http://www.Military-Diet.com), its free and has substitution suggestions and some more helpful information to go along with it.

I am on day three of the military diet and I can't wait for tomorrow. I wouldn't suggest that anyone try this diet unless you have been cutting back and watching what you eat for a while before. It is very hard to go from eating whatever you want and how much you want to doing this three day "fast". I haven only felt full right after eating dinner. The rest of the time I am starving. I am drinking tons of water to try to help with the hunger. I have found that chewing a piece of gum when I feel like I am about to pass out does help a little. On the bright side, I weighed 140 the day before I started and I weighed 130 this morning. I am going to try to do it again next week but I am not sure that I will

make it all three days. I am starting my workout tomorrow and will be limiting myself to about 1500 calories a day from here out to attempt to maintain. No sugar, very little carbs and even then only the good ones.

You don't need the book. Go to [themilitarydiet.com](http://themilitarydiet.com) tells you all you need to know. This diet does work. The longer you do it, the more used to the first three days you get. At first that third day is brutal. The 4 days off I just watch my intake. Careful with the sugars cuz they make me crave. You will lose weight if you do this as it instructs with no cheating. My husband showed our doctor who we expected to be critical. He was pleased and said it is a very good diet and he felt it would be good for us. I lost 30 lbs since about August/September. About 10 lbs from my goal of 125. Would have lost more faster but we decided we are not gonna deprive ourselves if we are out to dinner with friends etc and so forth. And with thanksgiving and Christmas, we ate. Lol.

This is a nice little plan that helps get your eating habits under control so that you can begin a healthy weight loss program. It fits perfectly into weight watcher's smart points and meets their daily goal while taking just a few weekly points. I lost 3 lbs and was not very hungry at all. I definitely splurged on veggies and on day 3 at dinner I had a social event I couldn't avoid - so cheated just a bit - still lost 3 lbs. I would do this again but don't believe it would be great for long term, sustainable weight loss. Overall, a good plan meant to help you get in control

This was a great diet and super easy. I mean you have to be ready to commit to anything if you want any change to happen. It was all spelled out for me and I love the shopping list. I actually didn't feel hungry but I was also busy and running around. I always had my food with me so I didn't obsess about it. I knew what I was going to eat. I would recommend this. I even keep some of the food plan when I am not on it.

Wow. Talk about WOW! This brief, entertaining, and right-to-the-point book is packed with ALL one needs to know about the diet AND includes super simple directions, a shopping list, a day by day written plan, and even ... wait for it ... PICTURES! THIS IS, without a doubt, the right program for ME. I just so happen to like all the foods, well, actually all except one but there is even a solution for that. The utter simplicity of what to do, and what not to do, makes this plan a no-brainer. I commend the writer for the really great way this was put together!

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