



The Doctor's Quick Weight Loss Diet Summary: Lose 5 to 15 Pounds in the First Week! Additional Diet Updates and Sample Recipes Included

Katherine G. Wilson

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The Dr's Quick Weight Loss Diet Summary

Before the Atkins Diet, before the Dukan Diet, there was the Stillman Diet. The Diet that first brought us the advantages of using protein to lose our excess weight without hunger. This is a summary of the original Dr's Quick Weight Loss diet along with the additional updates from later published works.

- Enjoy; No hunger, Intermittent Calorie Counting and Quick Weight Loss Combined
- Lose 5 to 10% of your body weight in the first week.
- High Protein, Low Fat Diet
- Lose weight quickly without hunger
- Original Diet and Food Lists
- Diet Updates & Additional Food Lists
- Sample Recipes
- How to Keep the Weight Off

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