



The 2-Day Diet: Diet two days a week. Eat the Mediterranean way for five.

Dr. Michelle Harvie, Professor Tony Howell

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Lose weight fast with the international diet sensation. Diet two days a week. Eat the Mediterranean way for five.

The 2-Day Diet is easy to follow, easy to stick to, and clinically tested. Simply eat a low carb, high protein diet two days a week, and follow the classic Mediterranean Diet (now recognized as the gold standard in warding off heart disease) for the other five.

The 2-Day Diet is designed to maximize weight loss, minimize muscle loss and keep you feeling full. It can have dramatic anti-aging and anti-cancer benefits. With this diet you can finally be slim, fit and healthy. With meal plans and 100 delicious and filling recipes.

“A far more effective way to lose weight.” –*Daily Mail*

“Put an end to 24/7 calorie counting.” – *The Sun*

“Revolutionary and clinically proven.” –*Good Housekeeping*

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