



The 17 Day Diet Breakthrough Edition

Mike Moreno

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In this new edition of the #1 bestseller *The 17 Day Diet*, Dr. Mike Moreno includes new chapters on supplements and exercise and more than 30 new recipes to help you achieve results fast and effectively.

The # 1 bestselling diet is now supercharged!

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. 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. Using vital reader feedback and the latest science, he has enhanced *The 17 Day Diet* with three new chapters; 50 new, delicious recipes; and the ability to customize your diet with an optional fasting day. *The 17 Day Diet Breakthrough Edition* makes everyone's favorite diet the best and most up-to-date diet on the market.

Whether you need to lose 10 pounds or a hundred, Dr. Mike's plan can help you achieve your weight loss goals quickly and permanently while always ensuring that you feel full, even as you enjoy a wide variety of the foods you love. In fact, that variation in the diet is the key to losing weight: it confuses and boosts your metabolism to help you burn fat rapidly during these four 17-day cycles:

Accelerate: The rapid weight loss cycle. You'll flush sugar and fat from your system and introduce foods and nutrients into your diet that have been proven to trim belly fat, thigh fat, and other stubborn fat zones.

Activate: The metabolic boost cycle. You'll alternate between low- and high-calorie days and watch the fat melt away.

Achieve: The steady weight loss cycle. You'll learn to control portions properly and start the exciting (and quick!) 17 Minute Spot Reduction Workout.

Arrive: The efficient control cycle. You'll be firmly in the habit of healthy eating to support your goal. On weekends, you can even enjoy your favorite foods!

Plus: A new, optional transitional day of liquid cleansing that kicks your fat burning into overdrive and a dietary supplement program to support your success.

The 17 Day Diet can work for you even if you have food allergies or PMS or are pregnant or constantly traveling. It can be adapted to a wide variety of cuisines, from Chinese to Tex Mex and everything in between. Brimming with helpful tips, interesting facts, and inspiring testimonials from fellow 17 Day Dieters, *The 17 Day Diet Breakthrough Edition* is the very last diet book you'll ever need.

The 17 Day Diet Breakthrough Edition Details

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Author : Mike Moreno

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From Reader Review The 17 Day Diet Breakthrough Edition for online ebook

J M says

Thank you Goodreads First Reads Giveaway Program. This is an excellent resource for dieting, every page gives direction and detailed explanation on how to maximize your weight loss. I recommend this book to everyone.

thewanderingjew says

Dr. Moreno has designed a diet for all occasions and all people. He has addressed every contingency such as culture, holidays, family, age, gender and health. He wants to persuade the reader to have a healthier lifestyle, to choose healthier food options and to exercise to increase metabolism and weight loss, encouraging the beneficial effects to overall health. He offers the dieter advice on minerals and supplements required by the body for optimal health. He emphasizes the use of lean protein, low sugar fruits, healthy vegetables and whole grains. Skipping meals is not an option; eating every three hours is the regimen. There are three meals and two snacks a day, in addition to 64 ounces of water which does not include coffee, tea or sugar free drinks. He strongly advises the dieter to drink green tea which burns fat, and he even allows coffee which he says speeds up the metabolism. He strongly recommends whey powder, probiotics, green tea powder, and sufficient fiber in the diet. If desired, he even has an optional transitional day fast consisting of liquids he suggests and even offers recipes for his smoothies. He attempts to give the dieter the confidence to succeed.

His diet is based on the number 17. There are 17 minute exercises tips, 17 ways to burn calories, 17 ways to condition the body and 17 day diet cycles labeled accelerate, activate, achieve and arrive. With each cycle, additional foods are added and additional skills are learned, such as portion control and exercise methods. Dr. Moreno gives advice on how to avoid stress and stresses exercise as a benefit to health, weight loss and well being. He offers advice on how to reduce the troublesome spots of your body that weight loss often does not address. He offers advice on supplements to aid weight loss and spot reduction. He treats the whole body and mind in this book and encourages weight loss with his upbeat, yet realistic, attitude about a subject that is often an uphill battle for many who need to drop some pounds. When one patient lost her walking partner and slipped back into an unhealthy state, he became her walking partner. He is an active partner in the effort of his patients to lose weight.

At the end of the book there are questions from real people about specific issues they have to deal with and he responds. Some questions will be exactly what the reader needs to know.

Menus are offered for people in different cultures, with different health needs and with different likes and dislikes. There are suggestions for dining out so failure is never an option. He advises on dealing with family and holidays so they don't sabotage your efforts.

At the end of the first three cycles, the final cycle allows weekend cheating, in moderation. That seems like a wonderful reward and an inspiration to keep the healthy lifestyle, long term. If the dieter can manage this diet, it appears to be oriented toward success. It encourages good habits, self control and healthy food choices. Sugar and fat are eliminated, healthy carbohydrates are added. In the end, he attempts to teach the dieter how to maintain the desired weight by maintaining the diet for life with occasional days when cheating is allowed.

The diet book went a bit over the top for me when it was suggested that marriage prospects and finances would also improve with this 17 day diet. There are many diets out there that are similar, but this is designed

for quick weight loss and long term maintenance.

Keisha says

Won from goodreads giveaway

I'm actually trying out the whole diet thing. I went shopping and got all the things I felt I could actually stand eating and it's still early on but so far I find this book really helpful especially with all the things I already know about health and weight loss. I love the optional fasting day. I feel like I have more energy but I've always known that eating better leaves you feeling better. So all I can say so far is that I'm enjoying it and the smoothies are actually really good. The book gets a thumbs up from me so far.

Cheryl says

This book has a very clear diet laid out for the reader with a list of foods you eat to burn fat. You are allowed lean meat, cleansing vegetables, some low sugar fruits, and some probiotic foods.

There are daily sample menus, inspiring stories, and information on supplements and other fat burning information. Also included are recipes and exercise information. He also provides information on an optional fasting day using liquid smoothies to accelerate fat loss. I like the way the book is laid out. It seems easy to follow and allows a good variety of foods for the dieter.

I received this book for free from a Goodreads First Reads giveaway.

Ashley Nelson says

Surprisingly, it's an easy read for a diet book, which is a nice change of pace. The diet itself is not 17 days long - it's the cycles that are 17 days long (of which there are 3 plus the Arrive cycle, which is maintenance).

I did have an issue with the allowed foods on each cycle. Some veggies were not on the approved lists for the first two cycles, but in the cultural chapter, those veggies appeared on those same cycles' lists. Why not just add ALL allowed veggies to the list, and if it's a food we've never heard of, we can ignore it. Or try to find it and try it out.

Autumn says

I won this book through Goodreads First Reads. I really enjoyed the book and thought the tone was nice. He wrote it to where you did not have to be a doctor to understand what he was saying. I can see how in a few years this could be dated because of the pop culture references he made. The idea behind the book seems simple enough, and I could see how you could easily follow this plan. I may even give it a try later. Overall, I really enjoyed this book and give it 5 stars.

Joleen says

This actually works. I lost over 20 lbs while reading this book. It was recommended by a doctor. If the maintenance program is followed the loss will stay off.

Mirel says

The diet is even better than the book. I'd give the diet a 4.8 and the book a 3.5 However, the book adds to one's understanding of the diet itself and the whys (why so much green tea? Why no carbs after 2? etc) and provides useful dieting and exercise tips. In addition, I thoroughly enjoyed the author's sense of humor! The book also includes sample menus and recipes.

On the down side, there seem to be some inconsistencies. The cultural/ethnicity section adds some food conversion tips for certain ethnic groups, but leave me wondering for example, why certain groups can have cilantro in cycle 1, while others can't. And does that mean that herbs like dill that aren't specifically mentioned can't be used? And here I thought "greens" referred to herbs.

Also, some of the recipes included ingredients which are not allowed in the cycle mentioned. e.g. whole wheat and dried cherries in Dr. Mike's cycle 2 power cookies, when dried cherries and whole wheat are only allowed in cycle 3.

There were also a few things which aren't completely clear to me, so that while I understood the "liquid" components (hot water and lemon in the morning, green tea after every meal, 8 cups of water a day) I didn't feel that the food parts were as clear. For example, are there meal requirements? Should every meal include a protein, or is a big salad also good? What's a snack in the early cycles? Some crunchy veggies? A between meals coffee? And in cheeses, for example, what percentage fat is considered low fat ?

Still, despite the book's pluses and minuses, I still recommend both the book and the diet. At a point in life where weight loss began to appear impossible, I'm losing weight, and inches are melting away even faster. Five weeks have produced a noticeable difference, plus I'm learning to cook healthier and plan my meals, making the diet relatively easy to maintain. All in all, highly recommended.

Rebecca Trotter says

Excellent premise to get someone who does not care about losing weight, to lose weight: you can do anything for 17 days, can't you?

The 17 Day Diet probably saved my spouse's life.

Thank you Dr Mike!

Susan says

This is an easy to follow diet. There are recipes throughout the book, including a list of spices to make veggies taste great. There are sections for dining out, dealing with holidays, and family challenges. Also included is a 17 minute spot reduction workout which stresses a walking program.

Judie says

This book has a no-nonsense approach to a very healthy eating lifestyle. I found the book easy to read and I enjoyed his humor that he sprinkled throughout. I am a busy entrepreneur, and I find his advise is straight forward and easy to implement. I have already started this new eating approach and look forward to great results! Thank you very much Dr. Mike!

Diana Suddreth says

I've waited quite a while to put this on my read shelf because I keep using it and I felt like I should "finish" it to rate it. The book and the philosophy behind the diet is well-presented and easy to read. It's very clear. The first time I started the diet, I made it through the second 17 day cycle and was very happy with the weight loss. And then, I got sick of so much foul and fish and missed carbs enough that I gradually drifted away from following the diet, and the weight returned. That said, I know it works so I'm on Day 5 of round 1 again and am once again happy with the results. So, as it turns out, not only was this a good book to begin with, but it's a good reference book to keep around any time the diet needs a bit of attention.

Cathie says

I thought this was excellent advice. It is a stricter version of what I did to stabilize my blood sugar (and I lost 10 lbs even though that was not my goal). It's really designed for people with a fair amount (or a lot!) of weight to lose. It has 3 stages plus an optional one-day "fast" where you drink smoothies instead of having meals. There are sections on how to handle eating out, holidays, etc. There are recipes and exercises for "spot" reducing to help you firm up your figure. Also includes many testimonials.

One-Click says

I bought the Kindle version of this book, and it has a lot of great recipes, so I think I'd rather have a print version for cooking purposes.

Love this diet. My hubby and I have been doing this for four months now. There's been a lot of traveling and we've ended up with a lot of travel eating (and drinking) in there, but it's so easy to get back on and I find myself WANTING to be back on the diet because I feel so much better when I'm eating this way. We've

been mostly on cycle one and two because of the frequent breaking, so we just start at cycle one again each time.

The book itself is a bit repetitive in each of the section - but another reason for the print version. You can flag it up and keep it close to the kitchen for reference.

This will be the last "diet" I ever do!

Susan says

What's to say? It's a diet book. It dragged on and on from the beginning and I had trouble focusing or seeing how it differed much from South Beach. It was highly recommended but think I will give it a miss.
