



The Pinterest Diet: How to Pin Your Way Thin

By Mitzi Dulan, Rd Mitzi Dulan, Mitzi Dulan Rd

Dulan Health, LLC., United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Whether you need to lose ten pounds, thirty pounds, or more, The Pinterest Diet can help you achieve your weight loss goals by following Mitzi's innovative weight loss program and using the social media giant, Pinterest. Mitzi Dulan, a registered dietitian and weight loss expert who has a massive 3.5 million Pinterest followers reveals how you can use Pinterest for a never-ending supply of clean eating recipes, workout plans, inspiration, and support to help transform your life. It's fun, simple, satisfying, and delicious. Inside, you'll discover: -The Top 50 MSF Factor Foods that will help you stay satisfied -How to Pin 10! to achieve your goals -30 days of highly effective and efficient workouts that only take 4-30 minutes -More than 50 easy-to-make delicious, clean eating recipes that satisfy -How to eat to satisfy your own Unique Taste DNA Praise For The Pinterest Diet In Mitzi's groundbreaking work, The Pinterest Diet, she combines her powerful Pinterest know-how with her skills as a dietitian, personal trainer, and social media expert to create an innovative program for using...

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