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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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