



**1 Day Detox Diet: MY 1-DAY DIET DETOX
MAKE OVER: DISCOVER HOW YOU CAN
BURN 2-4 POUNDS OF STUBBORN BELLY
FAT AND BLOAT OVER NIGHT. WITHOUT
STARVATION DIET PILLS, POWDERS, AND
SUPPLEMENTS.**

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If you've let yourself go and you're ready to get back into a skinny lifestyle, the 17 Diet is a great option. You can use it for short term weight loss (slim down for an upcoming event) or as a long term health plan to keep yourself in the skinny jeans for life.

The 1 Day diet Detox plan is a weight loss diet, designed by MyNewMakeOver.com, to help you lose weight fast and then stay healthy if you want to through a healthy eating plan. The title is a little misleading; it's not a single diet that lasts 1 days but 1-day diet jump start to your new healthy lifestyle.

What you eat tomorrow can change the way the scale shifts. Of course, you know how easy it is to put on pounds in just one day. Now it's also easy to start taking weight off, with our 1 Day Diet Detox Plan. This meal plan is superlow in calories — but it's designed to also be supersatisfying and supergratifying. Follow it for one day every week, without changing your other eating habits, and you'll see results in a month. But the truly "super" part of this plan is that it helps you deal with all the following ways we sabotage our own diets:

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