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Even Faster---Cheat To Lose Up To 12 Pounds In 3 Weeks! By Jackie
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About the Author. Jackie Wicks is the founder of PEERtrainer and the creator of the Cheat System Diet, which is an advanced weight loss and health plan, made super easy.

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PEERtrainer's New Cheat System Diet In The Press Jackie Wicks, Author of The Cheat System Diet explains how it works on CBS How To Eat Out And Still Lose Weight

Eat your way to heart health with the cheat

My friend Jackie Wicks has a NEW book available on how to make weight loss easy. The system she s come up with is called The Cheat System Diet, and as the name

' cheat' diet: eat what you want, still lose

Jackie Wicks' Cheat System Diet allows you to occasionally indulge with foods from a Cheats list and still lose weight.

Cheat system diet review

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PEERtrainer is a wildly successful online weight loss network with over 250,000 active email this book can help readers lose those hardest 10 pounds, easy

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Sara Gottfried, MD. Sara Gottfried, MD is the New York Times bestselling author of The Hormone Cure and The Hormone Reset Diet. After graduating from Harvard Medical