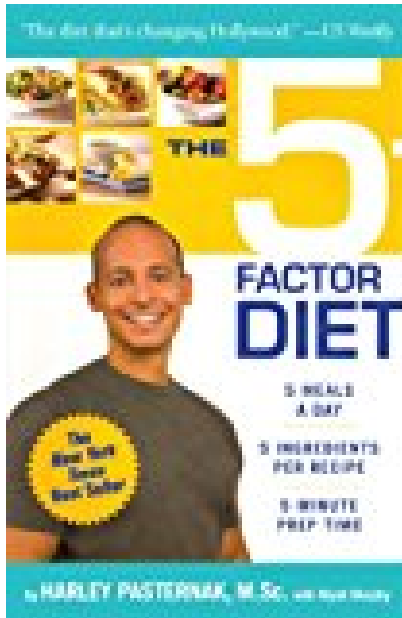


The 5-Factor Diet



BOOK DETAILS

- Author : Harley Pasternak
- Pages : 256 Pages
- Publisher : Ballantine Books
- Language : English
- ISBN : 0345513495

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BOOK SYNOPSIS

From the bestselling author of *The Body Reset Diet* Having helped shaped some of today's hottest bodies, one of America's most sought-after diet and fitness experts, Harley Pasternak, here shares his revolutionary five-week program that will help you lose weight and get fit without feeling hungry or deprived. One of the easiest programs to follow, the 5-Factor Diet incorporates • 5 meals a day with 5 core ingredients in each recipe • 5-minute meal prep for more than 100 recipes • 5 short workouts a week Complete with delicious and quick meal ideas, easy-to-follow shopping lists, and detailed workout photos and instructions, *The 5-Factor Diet* is the key to your health and happiness! From the Trade Paperback edition.

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