

# Cottage Cheese Crash Diet - How to lose weight fast

## *Cottage Cheese* **Crash Diet**



*Your Ultimate Guide  
to Losing Weight Fast*

**By Monica Smith**

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Have you tried many diets and still can't lose weight? Do you want something that works and works fast? Then it's time to call the expert. In the Cottage Cheese Crash Diet Monica Smith shares her plan that has worked so well for her. Through her friendly guidance, you'll learn how to: start losing weight immediately learn to deal with cravings avoid gaining weight when you stop dieting strategies to lose weight even faster Monica Smith guides you thru her program that uses all the tricks she knows about losing weight fast. It's like putting all the best tactics together. Cottage Cheese Crash Diet combines a low GI diet, meal spacing, and meal replacements making it one of the most effective crash diets. This is the only book you'll need to learn how to defeat your hunger and cravings, and make the changes to your diet that will keep the weight off for good. Show more Show