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6:24 3 Week Diet The 3 Week Diet Plan For Losing Weight Quickly

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The Nautilus diet ten weeks to a brand-new body 1st ed. by Ellington Darden. Published 1987 by Little, Brown in Boston. Written in English.

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### **The Nautilus Diet: Ten Weeks to a Brand New Body**

majority of your diet from foods that have a single ingredient (for example fruits, vegetables, fish, lean protein, eggs, beans, nuts, and whole ... 1 medium apple 10-15 almonds Baby carrots 2 tbsp hummus 1 serving of crackers\* 1 string cheese Energy or protein bar with <200 calories\*

**Bowflex Body Weight Loss Guide - [download.nautilus.com](http://download.nautilus.com)**

The Nautilus Diet: Ten Weeks to a Brand-New Body Ellington Darden, Author Little Brown and Company  
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**Nonfiction Book Review: The Nautilus Diet: Ten Weeks to a**

I first did the Nautilus diet about 3 years ago, and lost the first 20 lbs during the 10 week regimen, then 20 more lbs after the regimen ended because I kept up the healthy eating and exercise routine.

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