



# **Skinny Diva... The Top 10 Crash Diets of All Time To Lose 20 Pounds Super Fast**

*Tiffany Taylor*

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Listen up, Skinny Divas! If you need to lose 20 pounds, like super fast, like this week; Skinny Diva... The Top 10 Crash Diets of All Time To Lose 20 Pounds Super Fast is for you! Why do YOU need to lose 20 pounds super fast? That vacation in Hawaii is coming up? A party at The White House? A Royal Wedding? A date with George Clooney? Your high school reunion? Clothes don't fit anymore? Well, whatever the reason you need to lose weight, I have the perfect crash diet for you. With The Top 10 Crash Diets of All Time, you're sure to find one that you're gonna love, love, love!!! I guarantee it! Get started today!

Following are the Skinny Diva Crash Diets you'll find in Skinny Diva... The Top 10 Crash Diets of All Time To Lose 20 Pounds Super Fast:

### **The Skinny Diva Soup Diet**

Of course I love The Cabbage Soup Diet, but I love the idea of a soup diet SO much, I wrote an entire soup cookbook titled, Skinny Diva Fat Flushing Soup Cookbook! To do The Skinny Diva Soup Diet, simply make any Skinny Diva Fat Flushing Soups that catch your fancy and eat as much as you want! For your convenience, you'll get a FREE copy of Skinny Diva Fat Flushing Soup Cookbook when you purchase Skinny Diva The Top 10 Crash Diets of All Time To Lose 20 Pounds Super Fast.

### **Skinny Diva Water Fasting**

Water fasting will have you losing weight crazy fast! You will be consuming absolutely no calories, so your body will begin using extra fat right away for your body's fuel needs. You may not know it, but fasting can be much easier than a low calorie, low carb or low fat diet because you have absolutely no choices, just water! As an added bonus, your appetite will totally disappear when you're fasting!

### **The Skinny Diva Banana & Skim Milk Diet**

The banana and skim milk diet has been around since, like, forever because it really works! Follow my 7-day program and 20 pounds will disappear like magic! Simply follow the plan exactly as written, making sure to drink your fruit waters and vegetable waters throughout the day!

### **The Stillman All Protein Diet**

The Stillman Diet is a hardcore all-protein diet promising a weight loss of 10% of your body weight the very first week and 5 pounds every week after this. Unlike The Atkin's Diet, you are not allowed any fats or

vegetables on the Stillman Diet. Prepare all foods with no fat added. Follow this 7 day plan exactly and the fat will melt right off!

#### **Skinny Diva Juice Fasting**

Skinny Diva Juice fasting is a wonderfully rejuvenating experience. I've seen people look 10 years younger in just a couple of weeks, like for real! Skinny Diva Juice Fasting is super simple! Simply prepare your fruit and vegetable juices daily and sip throughout the day!

And MORE!!

Also:

The Skinny Diva Brown Rice Diet

The Skinny Diva Liquid Protein Diet

The Original Master Cleanse Diet



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#### **Pam Wright:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite guide and reading a book. Beside you can solve your condition; you can add your knowledge by the publication entitled Skinny Diva... The Top 10 Crash Diets of All Time To Lose 20 Pounds Super Fast. Try to make the book Skinny Diva... The Top 10 Crash Diets of All Time To Lose 20 Pounds Super Fast as your good friend. It means that it can to get your friend when you really feel alone and beside associated with course make you smarter than in the past. Yeah, it is very fortuned for you. The book makes you far more confidence because you can know anything by the book. So , we need to make new experience in addition to knowledge with this book.

#### **James Hubbard:**

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#### **Penny Stout:**

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#### **Nicholas Sheen:**

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