



The Cheat System Diet: Eat the Foods You Crave and Lose Weight Even Faster -- Cheat to Lose 12 Pounds in 3 Weeks!

Jackie Wicks

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Do you know a great deal about losing weight and staying fit, but are having a hard time following through? Do you feel like you are doing everything right, but not losing the weight you want? The Cheat System Diet works because it acknowledges that a certain amount of "cheating" when you eat is normal, and gives you a plan do to this the RIGHT way.

The Cheat System Diet helps you feel better quickly, because it removes the stress and the guilt around traditional diet and exercise.

For nearly a decade, PEERtrainer -- a wildly successful online "weight-loss lab" -- has provided its members with the best information on how to be successful at losing weight. Now *The Cheat System Diet*, tested and proven by hundreds of thousands of PEERtrainer members, brings this expertise to you.

The Cheat System Diet is based on a simple list that divides foods into two categories: Cheats and Eats. Cheats are the foods we all crave (cookie, anyone?) and Eats are nutrient-dense foods. You can eat as many Eats as you like. And you start with a certain number of Cheats every day, then earn more by making especially healthy choices, like having a big salad before dinner.

With *The Cheat System Diet*, PEERtrainer founder Jackie Wicks takes all the information you know about dieting and gives you a proven framework to make eating work for you. Follow Jackie's smart three-week program and you'll find:

- *Nothing is restricted -- eat any food you like.
- *Eats are unlimited -- eat as many Eats as you want.
- *Exercise is reasonable - no more spending hours every day at the gym.
- *No need to count calories, fat, fiber, or sugar -- just focus on eating your Eats!

With three weeks of comprehensive meal plans, an easy-to-follow exercise schedule, and more than 100 delicious recipes, *The Cheat System Diet* will revolutionize your approach to food and shrink your waistline at the same time. This supportive, easy-to-follow program allows you to eat well and lose weight, while still enjoying your favorite guilty pleasures.

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