



## The Engine 2 Diet: The Texas Firefighter s 28-Day Save-Your-Life Plan That Lowers Cholesterol and Burns Away the Pounds (Paperback)

By Rip Esselstyn

Grand Central Life Style, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Lose weight, lower cholesterol, significantly reduce the risk of disease, and become physically fit--in just 4 weeks. Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire physical condition-several had dangerously high cholesterol levels (the highest was 344!)-he sprang into action and created a life-saving plan for the firehouse. By following Rip s program, everyone lost weight (some more than 20 lbs.), lowered their cholesterol (Mr. 344 s dropped to 196), and improved their overall health. Now, Rip outlines his proven plan in this book. With Rip as your expert coach and motivator, you ll transform your body and lifestyle in a month. His plant-powered eating plan is based on a diet of whole foods, including whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features: \*\*Dozens of easy, mouthwatering recipes-from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts-that will keep you looking forward to every bite \*\*Pantry-stocking tips will take the panic out of inevitable cravings and on-the-fly meals \*\*Guidelines on menu...



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Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds...



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Book Condition: Brand New. Book Condition: Brand New.



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Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This isn't porn. Everyone always asks and some of our family thinks it is for sure.but it's not...



### **Trini Bee: You're Never too Small to Do Great Things**

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children's Book: Trini Bee An Early Learning - Beginner Reader A fun, rhyming children's book...



### **Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .**

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...