

[PDF] The New High Protein Diet: Lose Weight Quickly, Easily And Permanently

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Review "The first diet you'll ever really enjoy" Daily Express "It's easy, healthy, fast - and you won't even know you're dieting...easy-to-follow diet that promises to keep you slim for life" Sunday Mirror "We've all heard of Jen and Madonna using high protein diets to lose weight. It's a tricky one to follow safely, but with Prof Charles Clark's sensible approach...us mere mortals can do it too" New Woman "Clark's benign cross between the Atkins' meat feast and the GI (glycaemic index) diet sounds like a still, small voice of calm" Sunday Times, Scotland

About the Author Dr. Charles Clark is an international authority on diet and diabetes, with specialist clinics in London and Edinburgh. He is the author of several diet books, including *The GI Bikini Diet* and *The New High Protein Diet*.

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