

# [PDF] The HCG Diet Gourmet Cookbook: Over 200 "Low Calorie" Recipes For The "HCG Phase"

**Tammy Skye - pdf download free book**

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## **Books Details:**

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Author: Tammy Skye

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## **Description:**

**About the Author** Tammy Skye is a fellow HCG Dieter who has lost almost 60 pounds with the amazing HCG diet. She has a medical background as a Physical Therapist Assistant and has had an avid interest in alternative medicine, natural health and healing, and nutrition for many years. She considers herself a dedicated "foodie" and loves to create flavorful, fun dishes using unusual and unique ingredients, and make healthy recipe versions of favorite "comfort" foods. She first released "The HCG Diet Gourmet Cookbook" in 2007 as an e-book to a handful of HCG Dieters. It is her

mission to help educate, share recipes, and provide information about the original HCG Diet to other dieters and help them be successful and maintain their weight loss.

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