

THE 3 HOUR DIET JORGE CRUISE%0A

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3-Hour Diet Meal Plans | Healthfully

The 3-Hour Diet is a weight-loss plan developed by fitness trainer Jorge Cruise. The premise behind the plan is that you eat a meal or snack every three hours.

Jorge Cruise - The 3 Hour Diet - Eat to Lose Diet

Get Jorge Cruise's exclusive meal plans and recipes for the Eat-to-Lose Diet.

3-Hour Diet: What You Need to Know - Healthline

According to EveryDiet.org, the promise of the 3-Hour Diet is that by eating every three hours, dieters can lose belly fat and maintain a healthier weight. Dieters are told to eat breakfast at 7 a.m., have a 100-calorie snack at 10 a.m., eat lunch at 1 p.m., have a second 100-calorie snack at 4 p.m., eat dinner at 7 p.m.

Jorge Cruise's THE 3-HOUR DIET - amazon.com

The 3-Hour Diet: Lose up to 10 Pounds in Just 2 Weeks by Eating Every 3 Hours! [Jorge Cruise] on Amazon.com.

"FREE" shipping on qualifying offers. It's a fact: the Jorge Cruise 3-Hour Diet - Diets in Review

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