

# The Cheat System Diet: Eat The Foods You Crave And Lose Weight Even Faster---Cheat To Lose Up To 12 Pounds In 3 Weeks! By Jackie Wicks

By Jackie Wicks

## ' Cheat' Diet: Eat What You Want, Still Lose -

Jackie Wicks' Cheat System Diet allows you to occasionally indulge with foods from a Cheats list and still lose weight.

<http://www.newsmax.com/health/Headline/cheat-system-diet-weight-loss/2014/05/12/id/570738/>

## The Cheat System Diet: Eat the Foods You Crave and -

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**The Cheat System Diet Book Review - Wellness Mama -**

The Cheat System Diet by Jackie Wicks helps break the cycle of trying a diet, failing and binging and helps create a healthy relationship with food and exercise.  
<http://wellnessmama.com/15510/cheat-system-diet/>

**Cheaters Diet Review: Foods and Effectiveness -**

The Cheaters Diet suggests a normally healthy diet with certain times you can cheat on it. Does this plan work? Find out at WebMD.  
<http://www.webmd.com/diet/cheaters-diet>

**PEERtrainer - Official Site -**

PEERtrainer's New Cheat System Diet In The Press Jackie Wicks, Author of The Cheat System Diet explains how it works on CBS How To Eat Out And Still Lose Weight  
<http://www.peertrainer.com/>

**Amazon.co.uk: Customer Reviews: The Cheat System -**

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<http://www.bokus.com/bok/9781250044693/the-cheat-system-diet/>

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**Eat Your Way to Heart Health with The Cheat -**

My friend Jackie Wicks has a NEW book available on how to make weight loss easy. The system she's come up with is called The Cheat System Diet, and as the name  
<http://www.drmasley.com/heart-health/eat-your-way-to-heart-health-with-the-cheat-system-diet/>

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<http://www.timesunion.com/living/article/If-you-want-to-tone-up-here-s-advice-5542291.php>

### **The Cheat to Lose Diet - Diet Review -**

Joel Marion, a fitness and diet expert created "The Cheat to Lose Diet" as a way to help you lose weight by putting your body's metabolism in a fat-burning zone.

[http://www.dietsinreview.com/diets/The\\_Cheat\\_to\\_Lose\\_Diet/](http://www.dietsinreview.com/diets/The_Cheat_to_Lose_Diet/)

### **The Cheat System Diet Dr. Sara s Book Club #13 | -**

Sara Gottfried, MD. Sara Gottfried, MD is the New York Times bestselling author of The Hormone Cure and The Hormone Reset Diet. After graduating from Harvard Medical

<http://www.saragottfriedmd.com/the-cheat-system-diet-dr-saras-book-club-13/>

### **Cheat And Lose Weight With Jackie Wicks New Book -**

Jul 07, 2014 Jackie Wicks visited the KCAL9 EAT THE FOODS YOU CRAVE AND LOSE WEIGHT EVEN FASTER. The Cheat System Diet: EAT THE FOODS YOU CRAVE AND LOSE

<http://losangeles.cbslocal.com/2014/07/08/cheat-and-lose-weight-with-jackie-wicks-new-book/>

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### **Book review: 5 new titles to get fit for good - -**

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<http://blog.timesunion.com/healthylife/book-review-5-new-titles-to-get-fit-for-good/15537/>

### **The Cheat System Diet (ebook) by Jackie Wicks - -**

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

<http://www.ebooks.com/1577221/the-cheat-system-diet/wicks-jackie/>

### **[FREE eBook] The Cheat System Diet: Eat the Foods -**

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[http://www.dailymotion.com/video/x21221a\\_free-ebook-the-cheat-system-diet-eat-the-foods-you-crave-and-lose-weight-even-faster-cheat-to-lose\\_lifestyle](http://www.dailymotion.com/video/x21221a_free-ebook-the-cheat-system-diet-eat-the-foods-you-crave-and-lose-weight-even-faster-cheat-to-lose_lifestyle)

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<https://itunes.apple.com/us/book/the-cheat-system-diet/id782956124?mt=11>

### **The Cheat System Diet by Jackie Wicks -**

PEERtrainer is a wildly successful online weight loss network with over 250,000 active email this book can help readers lose those hardest 10 pounds, easy

<http://www.angusrobertson.com.au/books/the-cheat-system-diet-jackie-wicks/p/9781250044693>

**Cheat System Diet tells how to lose 12 pounds in -**

Cheat System Diet tells how to lose 12 pounds in 3 weeks while indulging. The 4 best nuts to eat for losing weight; TRENDING on EXAMINER.COM.

<http://www.examiner.com/article/cheat-system-diet-tells-how-to-lose-12-pounds-3-weeks-while-indulging>

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The cheat system diet : eat the foods you crave and lose weight even faster : cheat to lose 12 lbs in 3 weeks by Wicks, Jackie Wicks, founder of

<http://www.torontopubliclibrary.ca/detail.jsp?R=3107893>

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**The Free Cheat System Diet Cookbook - PEERtrainer -**

The Cheat System Diet works, and is a plan you can stick to. But we know that because of your personal years and decades of frustration, you are skeptical.

<http://www.peertrainer.com/cheat-system-cookbook-offer/>

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Jackie Wicks, offers an approach The Cheat System Diet: Eat the Foods You Crave and Lose Weight Even Faster Cheat to Lose Up to 12 LBS in 3 Weeks retails

<http://www.everydiet.org/diet/cheat-system-diet>

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