

# The 17 Day Kickstart Diet

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## Synopsis

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| inLanguage | english     |    |

The *New York Times* bestselling author of the revolutionary *The 17 Day Diet* returns with a three-step weight loss program that promotes a plant-forward lifestyle and other accessible strategies for making healthy decisions automatically for life.

Since the success of *The 17 Day Diet*, Dr. Mike Moreno had been the paragon of good health. But after a series of dramatic setbacks, including a divorce, the death of two loved ones, and a painful diagnosis, his emotional health suffered and his physical health began to deteriorate as a result. But following a drastic wake-up call, Dr. Mike got himself back on track and now, he's revealing the easy-to-use program that helped him reclaim his health, despite his circumstances.

Featuring delicious recipes, simple meal-planning techniques, manageable movement strategies, and supportive wellness rituals, *The 17 Day Kickstart Diet* is a clear-cut guide that proves it is never too late to achieve optimal health. Even in the middle of the chaos that life can sometimes dish up, you can still prioritize your wellness with the right plan. Within seventeen days, you will start losing weight, reducing inflammation, and experiencing new levels of energy and focus. As Dr. Moreno says, "I love when people pick up the tools they've been given and use them to create change in their lives. Now it's your turn."

Designed around three crucial phases that can help reduce your toxic load while inspiring you like never before, this book can be your new playbook for becoming a healthier version of you.

## Reader's comments

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