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The **100**,<sup>©</sup> (2013) is a weight loss book that encourages you to count and limit sugar calories - Proteins, vegetables, and fats are "freebies" portion size ...

### [Jorge Cruise™s "The 100"™ diet book limits carbs to ...](#)

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When we first heard about **Jorge Cruise**'s latest book "The **100**" (William Morrow, \$25.99), we thought that his eating plan would limit dieters to **100** grams of car

### ['The 100' diet author Jorge Cruise dishes up Skinny Muffin ...](#)

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Ever wondered how the co-hosts of "The Talk" stay so slim? They've learned to appreciate the virtues of **diet** recipes. as they demonstrated when weight loss guru **Jorge**

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appreciate the value of these recipes, as they demonstrated their weight loss gains. Jorge ...

### [Jorge Cruise's The 100 Book | The 100 Diet](#)

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**Jorge Cruise**™s **The 100 Book** **The 100** by **Jorge Cruise** Join the evolution of dieting and alter your interaction with calories starting today! America™s favorite **diet** ...

### [Jorge Cruise THE 100 DIET- Anyone Done It?? | MyFitnessPal.com](#)

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A friend and I just finished reading **Jorge Cruise**'s **The 100 Diet** -- really fascinating book about the way Americans Eat and they way that all came to be.

### [Review of Jorge Cruise's The 100 Diet and Counting Sugar ...](#)

[www.shape.com/blogs/weight-loss-coach/100-diet-will-counting-sugar...](http://www.shape.com/blogs/weight-loss-coach/100-diet-will-counting-sugar...)

Everyone's talking about the **100 diet** book from **Jorge Cruise**, where you only count sugar calories and supposedly lose weight. You may, but there are many reasons our ...

### [Jorge Cruise Diets and Fitness - Diets in Review](#)

[www.dietsinreview.com/topics/jorge-cruise](http://www.dietsinreview.com/topics/jorge-cruise)

**Jorge Cruise**. **Jorge Cruise** is a well-known fitness and **diet** guru who leads by example. Having been overweight himself, he used his own techniques to lose the "fat"

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**Jorge Cruise** is a #1 New York Times best-selling author whose mission is to guarantee weight loss for busy people. Science has proven that fitness begins in the ...

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