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The Drunk Diet is the beer-soaked tale of a long-haired, leather-clad Rock 'N Roll party-maker who transformed a whiskey-and-5-A.M.-cheeseburger lifestyle into a wildly successful weight-loss regime.

The Drunk Diet: How I Lost 40 Pounds... Wasted by L.A. Carl

Drunk girl coming out of the bar and falls down. She is hot and completely wasted

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With his trademark Rock 'N Roll hair and snakeskin spandex pants, plus a hot rod and a Harley, L.A. Carl fit the part as a bar manager based in New York City's gritty Lower East Side.

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The Drunk Diet is more memoir than diet plan - though he does offer recipes and specific tips that worked for him on his journey to lose almost 60 pounds (he shed 15 more pounds after the book ...

'The Drunk Diet' Teaches Weight Loss Wasted - Diet and

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Is the drunk diet for you? What works for others may not be for you so know the facts first to help you decide. Learn what alcohol does to your appetite and how it may attribute to weight gain. What works for others may not be for you so know the facts first to help you decide.

Escape The Drunk Diet: Drinking Alcohol On Your Appetite

Oh, I'm on the Drinking Man's Diet, It came from a book I was loaned. It's really terrific and quite scientific And I'm half stoned. For breakfast some cornflakes and vodka, But cornflakes have carbohydrate; So I don't eat those fattening cornflakes, I eat the vodka straight. The lyrics are from Allan Sherman. For thoseâ€

The Drinking Manâ€™s Diet â€“ Low Carb Confidential

Free PDF Download Books by Luc Carl. With his trademark rock 'n' roll hair and snakeskin spandex pants, plus a hot rod and a Harley, Luc Carl fit the part as a bar manager based in New York City's gri

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