



2 Week Fat Loss Program: From the Right Plan Nutrition Counseling

By Kellie Hill

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 122 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Want energy all day Ready to lose fat without feeling deprived Tired of complicated weight loss programs Have you tried programs where all you lost was water weight and you could only eat boxed foods Is it TIME to jumpstart your metabolism in a healthy way Heres the solution! An easy to follow 2 Week Fat Loss Program that has a 100 success rate-to-date! It creates and maintains overall health while reducing fat. You will have more energy, think clearer, feel better, and lose fat. I lost 17 pounds without trying Susan I have been able to conquer the confusion and make healthy choices a natural part of my day. Kerri Its actually simple and fun Chandra Im below 20 body fat now Kirsten Heres what you will receive in this revolutionary 2 Week Fat Loss Program: a full two week menu plan no guessing healthy tips for cooking make ahead suggestions to keep you on track how to use leftovers so youre not always cooking how to understand good quality fats, protein, and carbohydrates learn how and...

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