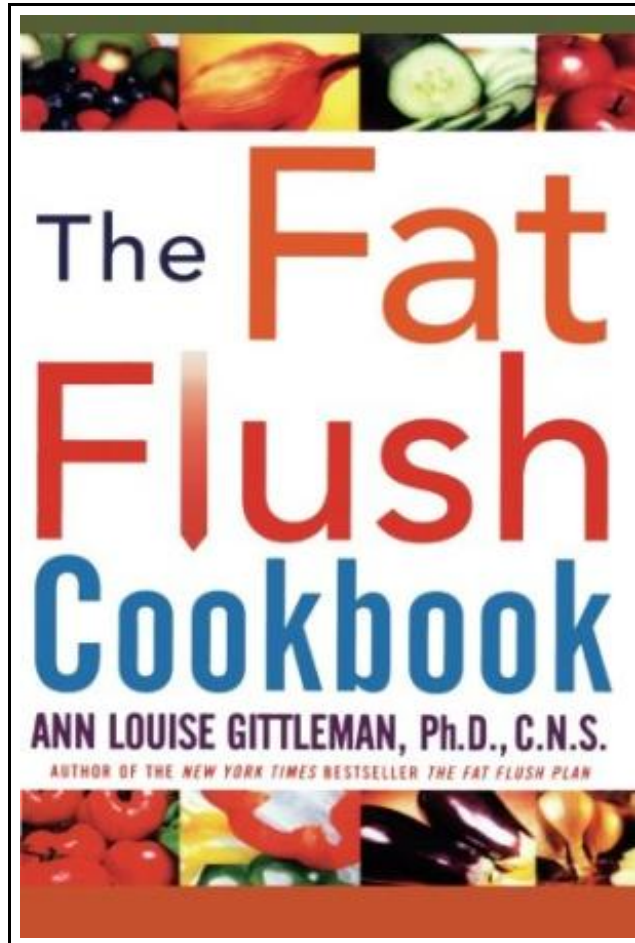


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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Fat Flush Plan Cookbook (New edition), Ann Louise Gittleman, This the companion cookbook to the national best-selling weight-loss plan that's changing the way America diets". Ann Louise Gittleman created a weight loss phenomenon with the New York Times best-selling, The Fat Flush Plan. With its unique focus on detoxifying the body and flushing away fat, this program has helped thousands to keep the weight off and lead healthier lives. Now, she has created "The Fat Flush Cookbook", with more than 200 recipes using fat-flushing foods and thermogenic herbs and spices introduced in "The Fat Flush Plan" to cleanse the body. This tasty, heart-smart volume includes: time-saving, one-dish dinners; packable lunches; vegetarian-friendly ideas; serving options for singles and families; and an extended list of name brands suitable for fat flushing. With delicious recipes, fat flushing information, and meal choices to suit every lifestyle, "The Fat Flush Cookbook" is perfect for the millions of people across the country struggling to keep the weight off and lead a healthier, happier life. "Ann Louise's Fat Flush Plan is dietary common sense for all the right reasons - it's balanced, it's a program you can safely stay on for life, and it works." - Dr. Barry Sears, author of "The Zone". "A unique program that shows you how to shed unwanted pounds while improving your health, thus building a bridge between beauty and vitality." - Share Guide. "The Fat Flush Plan has all of the elements to help change America's approach to achieving and maintaining a healthy body. It has been field tested by thousands of individuals who have contributed to its continuing evolution from a basic diet to a comprehensive lifestyle program." - "Total Health Magazine". With the Fat Flush Plan, Ann Louise Gittleman showed the world how...



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