



Weight Watchers: A 7-Day-7lbs Weight Watcher Diet Plan for a Simple Start: An Ultimate Guide to the Super Shred Diet Plus a Diet Plan to Achieve Your Weight Loss Goals

By Steve Taylor, Weight Watcher, Super Shred Diet Book

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I am a Personal Development Coach and a trained psychotherapist specializing in weight loss and healthy dieting. Wish I knew a way to lose 30 pounds in 30 days You might have asked this question repeatedly. Your problem will come to a halt after you have applied the instruction in this book. If you follow religiously to Dr. Ian Smith Super Shred: The Big Results Diet book and some of the super food recipes outlined in this book. You are going to be seeing results in 1 week, because it proven to work. THE 7DAY-7LBS WEIGHT WATCHER COOKBOOK FOR A SIMPLE START is a collection of mouth-watering recipes that are low in calories, and Would Help You Lose Weight Get Your Copy Now To Get Started.



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