Conquer the Fat-Loss Code: Includes: Complete Success Planner, All-new Delicious Recipes, and the Secret to Exercising Less for Better Results!

By Wendy Chant

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Conquer the Fat-Loss Code: Includes: Complete Success Planner, All-new Delicious Recipes, and the Secret to Exercising Less for Better Results!, Wendy Chant, The New York Times Bestselling Weight-Loss Plan NOW LOSE MORE FAT IN LESS TIME-FASTER AND FOREVER! Conquer the Fat-Loss Code takes the bestselling Crack the Fat-Loss Code to the next level-for even faster, easier, longer-lasting results. Nutrition expert Wendy Chant builds upon her scientifically designed program of "macro-patterning," a simple routine of alternating carb-up, carb-down, and baseline days to outsmart your body, increase your metabolism, and burn away fat. Once you "conquer the code," you can conquer your dieting problems for life. Featuring all-new meal plans, easy recipes, and startling information about the timing of your exercise, Conquer the Fat-Loss Code offers a complete, personalized eight-week success planner so you can: MONITOR YOUR EATING with easy-to-follow guidelines RECORD YOUR PROGRESS with fill-in success trackers SPEED UP YOUR RESULTS with proven metabolic boosters GET AND STAY FIT FOREVER while exercising less Whether you've already "cracked the code" and want to lose even more weight or you're brand new to this revolutionary program, you'll be amazed at how quickly you...

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