



The Fat Flush Journal and Shopping Guide (Paperback)

By Ann Louise Gittleman

McGraw-Hill Education - Europe, United States, 2002. Paperback. Book Condition: New. 208 x 137 mm. Language: English . Brand New Book. A new companion to the National Bestselling Weight-Loss Program Ann Louise Gittleman's New York Times bestselling The Fat Flush Plan is being embraced by millions worldwide! With its healthful combination of essential fats, proteins, and carbohydrates, it's the only weight-loss program that can help you successfully break through the weight-loss threshold every dieter faces and flush out stubborn fat. The Fat Flush Journal and Shopping Guide is an inspiring companion for followers of The Fat Flush Plan. The six-week journal helps you to: track meals, supplements, and exercise; cope with stressful and celebratory times; stay inspired with daily motivational messages; and reflect on your progress, weight loss, and future goals. Following the journal is a shopping list section that: gives you all-in-one checklists of fat-flushing foods organized by grocery store aisle; lists foods you can eat in each of the three stages of the plan; and, provides you with resources for locating hard-to-find items. With this addition to The Fat Flush Plan, losing weight and keeping healthy is easier than ever.



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