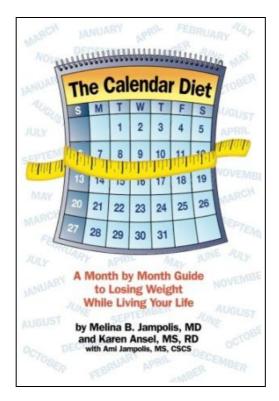
The Calendar Diet: A Month by Month Guide to Losing Weight While Living Your Life



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Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book. (Miss Vernie Schimmel)

THE CALENDAR DIET: A MONTH BY MONTH GUIDE TO LOSING WEIGHT WHILE LIVING YOUR LIFE



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Wagging Tail Press. Paperback. Book Condition: New. Paperback. 188 pages. Dimensions: 8.9in. x 5.9in. x 0.6in.lf youve ever been on a diet before, you probably noticed that life got in the way. Holidays, long weekends, summer barbeques, and vacations can derail even the most dedicated dieters efforts. The Calendar Diet fixes that. In a month-by-month format, this book will help you navigate your biggest seasonal eating challenges as well as lulls in motivation. Using a three-pronged approach The Calendar Diet delivers easy-to-follow diet advice, delicious recipes based on seasonal ingredients and produce, and a season-by-season exercise plan that guarantees success all year long. Inside Youll Find: A comprehensive, doctor-designed weight loss plan. 52 delicious, healthful seasonal recipes to guide you through winter, spring, summer and fall. Practical diet suggestions for every holiday and seasonal diet trap of the year. Behavioral tips, strategies and exercises to keep you on track all year long. A calorie-blasting, total body conditioning workout that you can customize to fit your lifestyle. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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