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20 Pounds in 90 Days: Kick Food Cravings, Jump-Start Healthy Habits, Look Great Naked- In 4 Weeks (Paperback)

By Chloe Black

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want a flat stomach, toned thighs, and firm butt? To feel sexy as hell in a bathing suit? Be more energetic than ever, while eating lots of food you love? Infused with conversational wit, tough love, and common sense, 20 POUNDS IN 90 DAYS is a balanced, sustainable plan to change your habits and the way you eat forever, and transform your life in profound and unexpected ways. Suffering from health problems, food addiction, and strapped for time to exercise, FitQuick founder and author Chloe Black wanted a way out of diet myths and self-deprivation. After putting natural food theories to practice with scientific-backed research, she perfected this revolutionary program to lose 20 pounds or more, in just 3 months. Are you tired of boring, restrictive diets? Do you deny yourself the foods you love, only to binge and feel bad? Committing to meal preparation and a health regimen is a challenge. 20 POUNDS IN 90 DAYS makes it easy to beat procrastination with a 28-day meal-planning calendar, 4 detailed shopping guides, 16 creative and delicious recipes, proven exercise routines,...



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Reviews

The ebook is straightforward in read through preferable to comprehend. It is definitely simplified but shocks within the fifty percent of your pdf. Your lifestyle span is going to be transform when you total reading this publication.

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