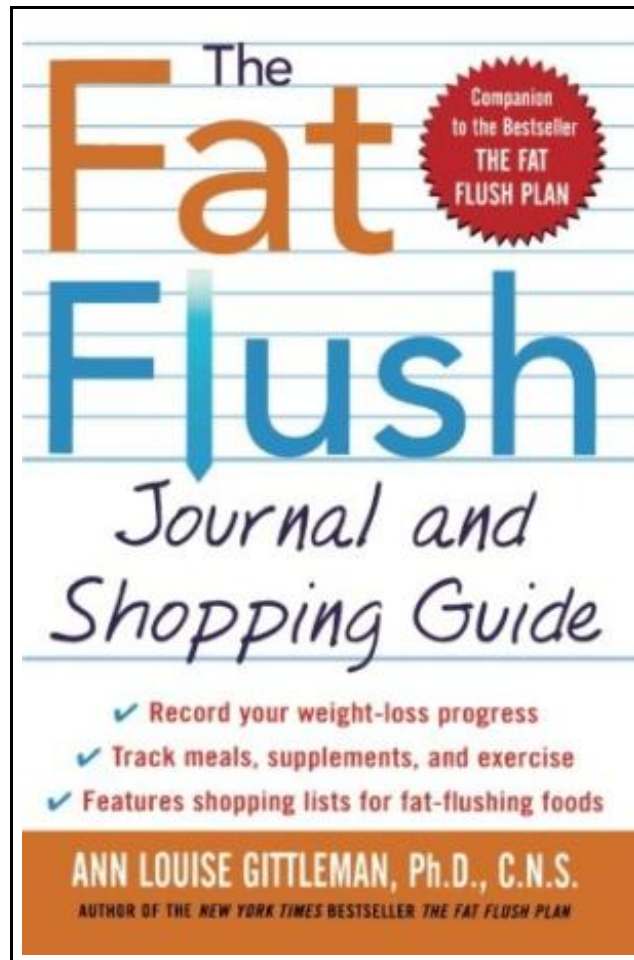


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McGraw-Hill Education - Europe, United States, 2002. Paperback. Book Condition: New. 208 x 137 mm. Language: English . Brand New Book. A new companion to the National Bestselling Weight-Loss Program Ann Louise Gittleman s New York Times bestselling 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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