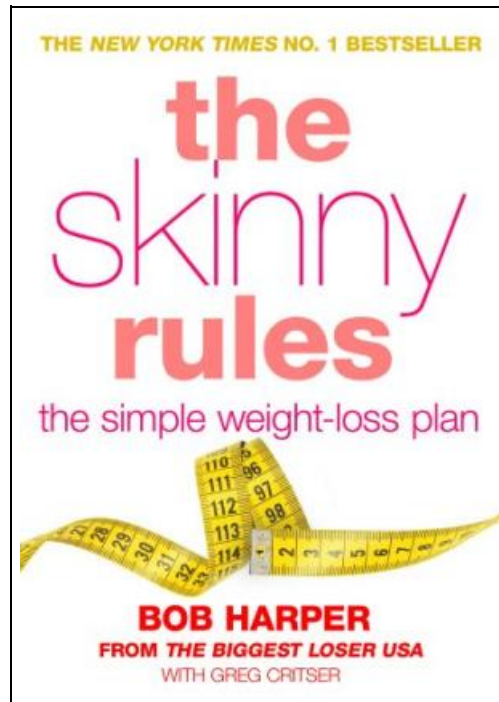


The Skinny Rules



Filesize: 9.08 MB

Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Evie Emmerich)

THE SKINNY RULES



Transworld Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, The Skinny Rules, Bob Harper, Greg Critser, Losing weight has never been so easy! With so many conflicting diets around, it's no wonder people find it hard to shed the pounds and keep them off. At last, here's a weight-loss plan that is clear, logical and easy - no gimmicks, no fads, just a no-nonsense way to get thin. Bob Harper is a renowned fitness trainer and is the star of The Biggest Loser USA. Bob has used his vast knowledge of nutrition, weight-loss strategy and human nature to devise twenty simple principles that will enable you to step into a newly thin lifestyle. His rules are as easy as: Don't Drink Your Calories; Eat Protein at Every Meal and No Carbs After Lunch. Bob doesn't stop at just teaching you the rules, either. He also shows you how to integrate them into your everyday life by supplying menu plans and 90 delicious, rule-abiding recipes for breakfast, lunch and dinner. If that wasn't enough, there are also tips for what to stock in your fridge and meals you can prepare ahead in case you don't have time to cook during the week. With Bob as your coach and mentor, you can and will lose weight - whether you want to shed two pounds or two hundred. It's the surefire way to a thin new you!.



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