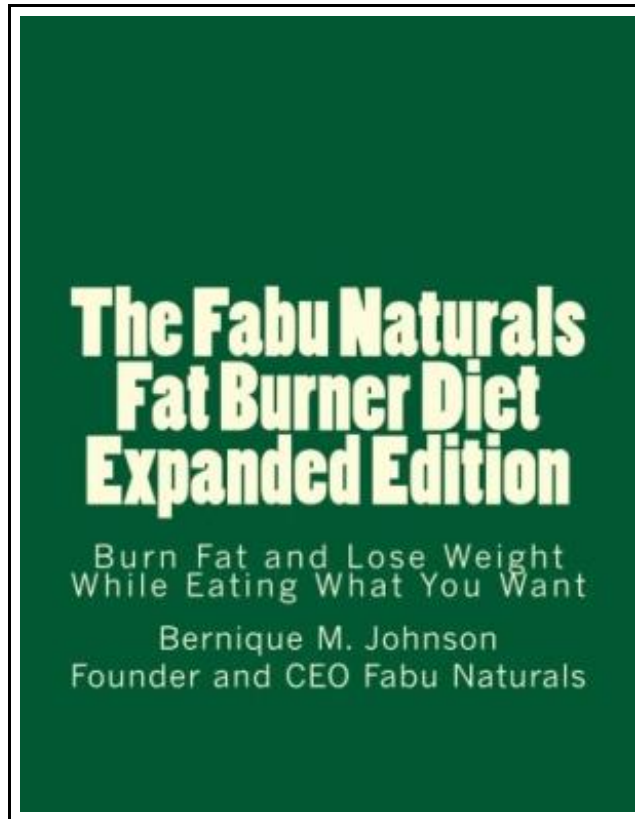


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Createspace, United States, 2014. Paperback. Book Condition: New. Expanded. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.I spent months trying every diet supplement plan on the market with no success. As I have health concerns, strenuous exercise and soy products were not options. After months of research, trial and error I created a diet that allowed me to lose weight while eating the foods I loved, exercising and drinking a delicious protein smoothie made from 100 natural ingredients every day. This expanded edition details how I created the plan, keys to success with the plan, information on the natural foods you ll eat on the plan and where to purchase them that helped me lose 30 pounds in 3 months. It s easy, delicious and since you plan your meals each day, you can eat what you want as long as you maintain your caloric intake each day.



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