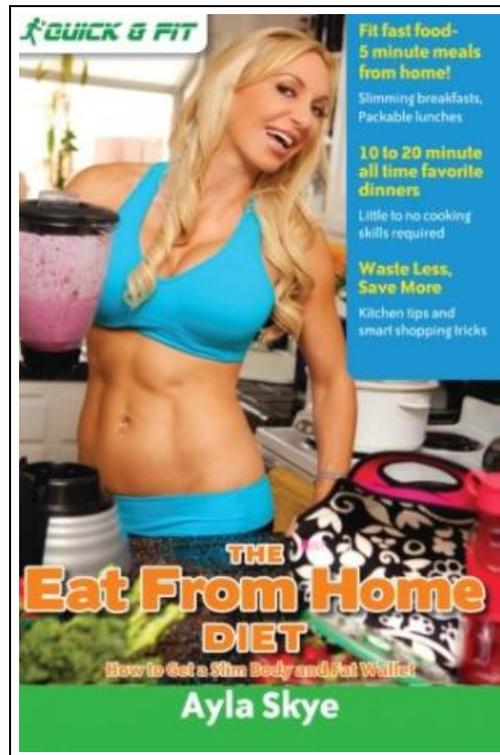


The Eat from Home Diet: How to Get a Slim Body and Fat Wallet



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THE EAT FROM HOME DIET: HOW TO GET A SLIM BODY AND FAT WALLET



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Quick Fit, United States, 2011. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Top experts agree, 80 of losing weight is achieved by eating smart. Stop focusing on the gym and start looking at what s on your plate. Ayla packs her menu with protein, good carbs, low sugar and low sodium options ready in just 5-20 minutes. Enjoy mouth watering burgers, fries, nachos, spaghetti, steak, stir-fry, brownies, cakes, ice cream and more. Convenient and budget friendly, you will be spending less time in the gym and kitchen without having to worry about calorie counting, deprivation, or portion control. Perfect for today s on-the-go lifestyle! Inside you will also find: Fastest ways to slim your waistline- organic foods and simple detox solutions Cooking made easy! Safe for kids, college students, and anyone who can use a microwave Checklists for simple substitutions to fattening everyday ingredients How to shop smart and save \$400(individual)-\$1000(family) per month How to read a nutrition label-you will be surprised by what is in your favorite foods! Vitamin and supplement advice from a fitness expert to boost your energy Secrets top athletes and weight loss professionals use every day Tips on how to order at a restaurant or coffee shop Ways to save the environment and food-reduce, reuse, and recycle! Total well-being solutions from sleeping more to breaking bad habits This book has become a series of proven success stories with everything you need to know condensed into one 68 page book which can be read in less than an hour. With recipes so simple you don t even need a recipe, each one has pictures and variations to spice things up. Start losing weight and keep it off with these fun lifestyle choices easily incorporated into...



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