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By Imogen Thomson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight Watchers 7-Day Start BOX SET 3 IN 1: Lose Weight Fast With 3 Effective Weight Watchers Meal Plans BOOK #1: Weight Watchers: Lose Weight Fast with 7-Day Clean Eating Meal Plan This is a book that offers you a healthy tasty well balanced 7 day diet plan that is going to help you shed those excess pounds in a healthy and easy way. This is a diet that is a low carbohydrate and high protein diet. It is based on the theory that if a person consumes a perfect balance of proteins, carbohydrates, and fats each snack and meal will achieve a balance in hormones. This balance will result in a controlled level of insulin which leads to an array of health benefits. One of these health benefits is the lose of excess weight! BOOK #2: Weight Watchers: Lose Weight Fast with 7-Day Low Carb Meal Plan Many people have successfully lost weight with a low-carb plan. It can be a great way to avoid feelings of hunger and balance your blood sugar levels, leading to safe,...



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