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The FAB Diet

By Rosemary Conley

Cornerstone. Paperback. Book Condition: new. BRAND NEW, The FAB Diet, Rosemary Conley, When Rosemary Conley appeared on "Dancing on Ice" at the age of 65 looking younger and fitter than many of the contestants on there, she proved that her diet and exercise programmes really work. She is an inspiration to thousands of people and her diets are effective, simple and easy to follow. Here's what some of the people who have tried it say: the fat attack booster diet. The Fat Attack Booster (FAB) Diet has been tried and tested for six months and the results are astonishing. 'I lost 2 stone in 7 weeks. It really is a FAB diet!' said Becki Gordon. 'I lost 12 lbs in my first week and I am so motivated to keep going on this eating plan. "The FAB Diet" is so easy AND I'm eating normal food!' said Robert Carr. Based on everyday healthy food the "FAB Diet" is so versatile it caters for all tastes and lifestyles. Select from the 'High Protein' or the 'Carb-based' menu plans, or go for the 'Vegetarian' choice. There are also menus incorporating ready meals, and/or desserts. You choose. And to make your selection even...

Reviews

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