



The New Fat Flush Journal and Shopping Guide (Paperback)

By Ann Louise Gittleman

McGraw-Hill Education - Europe, United States, 2017. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Fat Flush Has Never Been Easier with this Companion Journal! For more than two decades, The Fat Flush Plan has helped millions of people lose weight, detox, and improve their overall health and well-being. The NEW Fat Flush Journal and Shopping Guide compliments The NEW Fat Flush Plan perfectly, incorporating a new journal format, personal tracker, refreshed shopping guide, and gratitude lists. Here, you ll find the tools needed to track your meals, supplements, measurements, sleep patterns, and more. Use the journal to chart your progress and also identify unconscious physical or emotional roadblocks to your dieting goals. The up-to-date Fat Flush shopping list includes newly-approved foods and specific brands names that are also appropriate for vegan, vegetarian, paleo, gluten-free, and dairy-free diets. The New Fat Flush Journal and Shopping Guide includes: - Daily journal to track food, supplements, and exercise week-by-week - Updated Fat Flush Shopping List featuring newly approved foods and brand names - Fat Flush superfood staples grouped by phases for easy compliance - Fat Flush testimonials by real men and women who have lost weight and feel...



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Reviews

This book is definitely worth buying. This really is for all who statte there had not been a worthy of studying. You will not sense monotony at at any moment of the time (that's what catalogs are for concerning should you check with me).

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