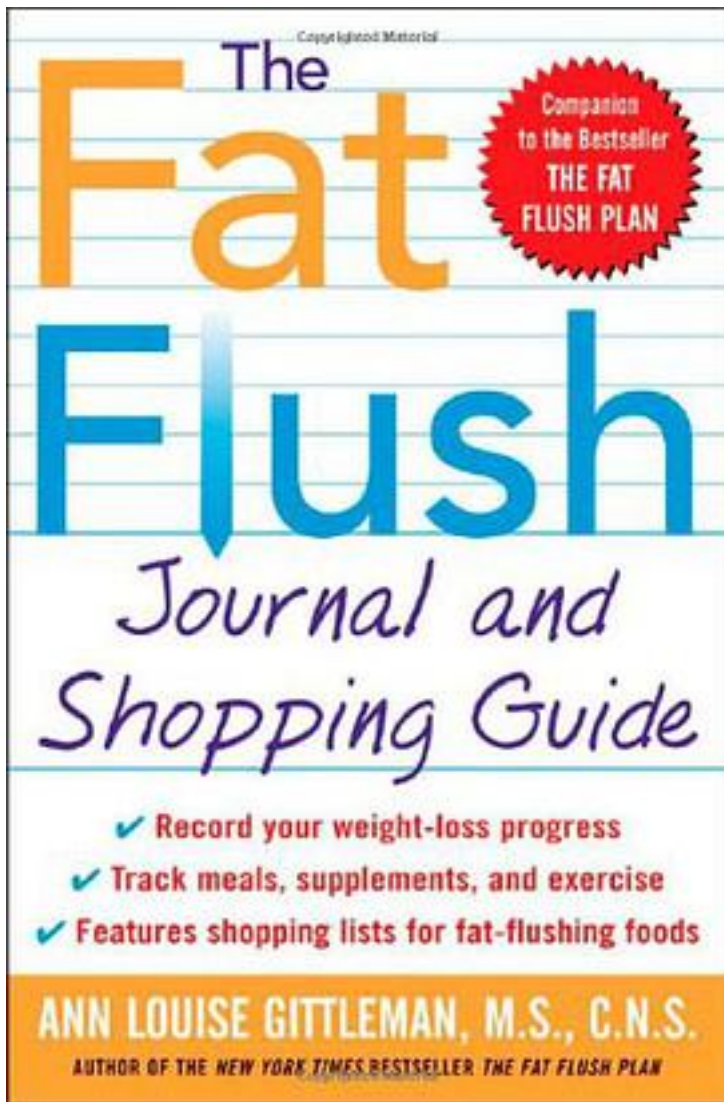


# The Fat Flush Journal and Shopping Guide



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出版者:McGraw-Hill/Contemporary Books

出版时间:2002-12

装帧:Pap

isbn:9780071414975

A new companion to the National Bestselling "Weight-Loss Program" Ann Louise Gittleman's "New York Times" bestselling "The Fat Flush Plan" is being embraced by millions worldwide! With its healthful combination of essential fats, proteins, and carbohydrates, it's the only weight-loss program that can help you successfully break through the weight-loss threshold every dieter faces and "flush out" stubborn fat. The "Fat Flush Journal and Shopping Guide" is an inspiring companion for followers of "The Fat Flush Plan". The six-week journal helps you to: track meals, supplements, and exercise; cope with stressful and celebratory times; stay inspired with daily motivational messages; and reflect on your progress, weight loss, and future goals. Following the journal is a shopping list section that: gives you all-in-one checklists of fat-flushing foods organized by grocery store aisle; lists foods you can eat in each of the three stages of the plan; and, provides you with resources for locating hard-to-find items. With this addition to "The Fat Flush Plan", losing weight and keeping healthy is easier than ever.

作者介绍:

目录:

[The Fat Flush Journal and Shopping Guide\\_ 下载链接1](#)

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