

## Bride-To-Be 2 Week Weight Loss Program



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Using the Bride-to-Be 2 Week Weight Loss Program I lost more weight than I thought I could. My wedding dress had to be altered and I had to purchase a new swimsuit for the honeymoon! I had so much self-confidence and looked fabulous walking down the aisle. My life has completely changed for the better. Thank you! - Shannon S. An easy to follow program that has a 100 success rate-to-date! Have energy all day. Lose weight without feeling deprived. Shop at your local grocery store - nothing else to purchase. Look fantastic for your big day! Here s what you will receive in the revolutionary Bride-to-Be 2 Week Fat Loss Program: a full two week menu plan including grocery list - no guessing healthy tips for cooking make ahead suggestions to keep you on track how to use leftovers so you re not always cooking how to understand good quality fats, protein, and carbohydrates learn how and when to eat planning and preparation tips testimonials from satisfied clients simple recipes to follow - for every meal menus including breakfast, lunch, dinner, two snacks, and dessert for every day! Scroll up and click buy now to be transformed before your wedding.



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