

Lose 50 Pounds In 30 Days: Month Challenge To Improve Your Body: (Weight Loss Programs, Weight Loss Books, Weight Loss Plan, Easy Weight Loss, Fast Weight Loss)

Helen Stone

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Improve Your Body This book is all about how you can lose a lot of weight in just 30 days. I have given in
different chapters of this book how you can keep a healthy and light diet to not only help you prevent from
gaining weight but also cut down on daily fat build up. For this 30-day weight loss plan to really work, you
have to keep all the instructions in mind. You cannot take breaks. You have to follow the whole diet plan and
eat only the foods I have mentioned in this book. With that, you have to follow the exercise movements to
tone up your body. Make sure you avoid the foods that I have forbidden during this 30-day weight loss plan.
Here are the chapters that I have divided this book into for easy and step by step understanding of weigh loss
strategy, - Chapter 01 - Start with a Detox Diet - Chapter 02 - Strictly Avoid These Foods - Chapter 03 Important Food Items to Promote Weight Loss - Chapter 04 - 30-days Diet Plan - Chapter 05 - 30-days
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