



Lose Weight: 30-Day Lifestyle Plan to Better Health by Losing Weight: What To and Not To Eat, Drink, & Making Lifestyle Changes To Look Amazing And Feel ... Healthy Weight, Diet, Healthy Lifestyle,)

Jamie Tyler

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LOSE WEIGHT: 30-Day Lifestyle Plan To Better Health By Losing Weight

What To and Not To Eat, Drink and Making Lifestyle Changes To Look Amazing and Feel Great!

Not knowing what works best for us, we pick up a diet program and hope it will bring us the desired result. A weight loss plan is not just about eating the right foods, it has a lot to do with the portions you are eating, the amount of water you are drinking (to keep yourself hydrated), the amount of time you allot for physical activities and many such factors.

This book provides you an excellent understanding on how you can bring all of this together and make weight loss work for you. There are simple step-by-step chapter guides to tell you what to eat, what to drink, what not to eat and what not to drink. In addition, there are powerful suggestions and tips to help you through the process. In addition, there is 30-day meal plan and suggested physical activities to help you prepare for your weight loss lifestyle plan.

In this book you'll learn:

- Understanding Your Body Weight
- What you need to be eating
- What you need to be drinking
- What you need to avoid eating
- What you need to avoid drinking
- Weekly meal plans including breakfast, lunch and dinner suggestions
- Suggested weekly exercises
- De-stressing to gain weight loss
- Motivation to reach your weight lost goals

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