

Weight Loss For Busy Women - Ebook - \$4.95 Weight Loss Plans

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Weight Loss for The Busy Woman - Guide - 84 pages illustrated - eBook. "The Busy Woman's Guide To Losing Weight Quickly and Easily... Even When You've Tried Every Diet, Weight Loss Pill, and Fitness Gadget Before With No Success!" If you want to discover how a busy woman like me lost all my excess weight... and... keeps it off, then this book was written just for you! Table of Contents Forward For the busy woman Weight loss and you Take it slow - Dont expect miracles If you fall off get back on! Talk with your doctor Five things you should know Get the proper amount of sleep Ditch the stress Naturally sugary Nutrition bars arent necessarily your friend Eating more fiber Starvation is not the key Breakfast is key Regular exercise always helps Walking is good Set your goals Give yourself a treat Medical options Self Assessment Be honest with yourself My golden rules for successful weight loss Acknowledge that you are responsible for yourself Realize that its not going to be an easy road to follow Decide on a weight loss course suitable for yourself Follow through on this course Find a diet buddy And follow through on it to the conclusion Your target weight Food the bane of your life? A good diet is a must You and supermarkets Supersize you please dont Dont take seconds (or thirds!) Five ways to fool your stomach and your eyes Use smaller plates and tall thin glasses Portions count get the correct portion size Eat slowly, chew your food properly Trim the excess fat Drink plenty of water Fight those food cravings Why you have food cravings When Why What A few reasons you get food cravings An interesting example Foods to help you fight the cravings Fifteen quick recipes and meal ideas Breakfast Hearty Omelet Fresh Fruit Salad Maple syrup Oatmeal Main dishes Pesto and Basil Nut Pasta Pesto with Basil and Pine Nut sauce Spinach Fettuccine Warm Sun-Dried Tomato Couscous Salad Veggies Sauted Spinach Tossed Salad Black Bean Chili Meats, Fish, Poultry Chili Pork Baked Salmon Grilled Tuna Steaks Chicken Baked Snacks and other Sundries Sandwiches Bruschetta with Tomatoes Peaks, Dips and Plateaus Take a running leap off your plateau Exercise for the birds? Exercisewithout joining a gym Move around when youre watching TV Walk! Take the stairs Cycle What you can do to begin with The short list Learn More about Weight Loss for Busy Women with this Guide. You will get an instant download of this product after purchase

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