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30-Day Bootcamp: Your Ultimate Weight Loss Plan (Paperback)

By Valerie Orsoni-Vauthey

iUniverse, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In order to lose weight, you need to be READY, really ready, to make some serious changes in your life. 30-day BootCamp: Your Ultimate Weight Loss Plan gives readers the information they need to make wise decisions when it comes to health, fitness, nutrition, and weight loss. There are no potions, pills, powders, or unruly dietary restrictions. And best of all, there s no counting! A butt-kicking program without the 5 am start! Author Valerie Orsoni-Vauthey, assisted by her certified weight loss coaches at MyPrivateCoach, provides healthy steps to fast, effective, and permanent weight loss: Nutritional tips and secrets to help you slim down and shape-up Meal plans specifically balanced for proper nutrition Daily exercise drills you can do almost anywhere to tone and firm your muscles Recipes and meal plans for all preferences, including vegan and vegetarian dishes, light meals, party dishes, and restaurant suggestions Complete with everything you need to make your weight loss journey as easy as possible, 30-day BootCamp: Your Ultimate Weight Loss Plan is the ultimate guide to healthy eating for lifelong fitness!.



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