



One Size Does NOT Fit All Diet Plan

Meal Planning That Will Boost Your Metabolism, Break Through Plateaus, and Help You Achieve Maximum Fat Loss Today!

Spec Sheet

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Current statistics indicate that 80 percent of the 108 million dieters in the United States want an inexpensive, low cost, and home-based plan for losing weight. Though many diets have been published, they are a one-size-fits-all approach. Abby Campbell provides an individualized plan classified by weight in ***One Size Does NOT Fit All Diet Plan: Meal Planning That Will Boost Your Metabolism, Break Through Plateaus, and Help You Achieve Maximum Fat Loss Today!*** It is the only book on the market that gives each dieter the power for success by using a technique called “nutrient timing.” By incorporating the nutrition principles and using the blueprints laid out in the book, each dieter learns how to personalize a meal plan to increase metabolism and break through plateaus. Tedious calorie and macronutrient counting is eliminated, and sample meal plans are provided for each blueprint along with substitution meal charts. For less than 10 minutes a day, simple and tasty meals may be planned to achieve maximum fat loss in the quickest time possible. Even better, each dieter will learn to form healthy eating habits to not only look physically fit but to also live a healthy lifestyle.

“After seeing three different doctors and two nutritionists, I still had no idea what foods I needed to be eating to lose weight. Then Abby gave me advice that actually made sense... easy to understand. Within a week of using her guidelines I was starting to feel healthier and it was wonderful.” ~Candice Moore, Florida (down 120 lbs.)

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