



6 Week Extreme Weight Loss: How to lose 20 To 30 pounds in 6 weeks and keep the weight off for good. NO DIETS, PILLS OR FAT BURNERS!

Howard T. Wilson

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Discover how you can lose between 20 to 30 pounds in as little as six weeks with your new book “6 Week Extreme Weight Loss”

When you download the book you will get all the information that you need to successfully lose weight and you will know what you need to do to ensure that the pounds are not coming back!

Inside the book you will find straightforward information on this subject and you will learn:

- **How to create your own healthy and nutritional meal plan even if you are new to the kitchen!**
- **How to divide your meal plan so that you stimulate your metabolism to burn fat!**
- **How to cook your food to stimulate weight loss**
- **How your breakfast, lunch and dinner should look like!**
- **The #1 weight loss exercise!**

Also, when you download your book you will get the following:

- **A list of 62 foods that you can eat to successfully lose weight with their nutrition facts included!**
- **3 Meal plans that the author has used during his weight loss transformation!**

• **The opportunity to get in direct contact with the author, free of any charge, for two 101 weight loss consultations!**

And more!

This being said, the author invites you to download the copy of your new book to learn how to become a healthier, skinnier and happier version of yourself!

The power is and will always be within you!

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Ruth Paiz:

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Mary Scruggs:

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