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Summary: Barrett & Allison's Trim Healthy Mama Plan: The Easy-Does-It Approach To Vibrant Health And A Slim Waistline



Synopsis

The time for counting each calorie that goes into your mouth is over. There are no food groups that need to be excluded, and losing weight and improving your health no longer means deprivation or discomfort. This is a summary of the original book: Trim Healthy Mama Plan, a revolutionary program that can be tailored to all age groups and allows you to lose weight and keep it off in a healthy manner. This is a highly practical and completely new way to get rid of the pounds and to become healthier with tasty food, simply by eliminating sugar. Based around principles for eating laid out in the Bible, this eating plan features two types of meals that are satisfying to the appetite and the palette. The satisfying recipes have more protein and fat, and the energizing recipes that have a higher quantity of protein and carbs. With these two meal types, you unlock the keys to your own success. The food is delicious, real food, processed as little as possible, and you get to eat low-GI grains, healthy fats, proteins, and fresh vegetables and fruit. The meals are easy to prepare to save you time but pack a great punch when it comes to boosting metabolism. Get started today and join the thousands of people who have already made a positive change in their lives thanks to this simple and tasty dietary approach to weight loss and health. As you are flooded with lots of work and can't find time to listen to it, a well-written summary enables you to know the unique ideas presented in the book clearly and precisely. It saves you time, giving you a great advantage over listening to the original book.

Book Information

Audible Audio Edition

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Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Wasn't worth the money. This didn't offer any additional insight to the Trim Healthy Mama Plan, you

get better condensed informative help from Gwen's Nest Quick Start Guide which is free. I wouldn't have given it the one star but it wouldn't let me by pass it to do the review.

Should have read the reviews on this one before purchasing. Waste of money. It doesn't provide enough information about the plan to even help you at all. Very disappointed. More like a brochure and totally not worth the money.

I wasn't happy with this purchase. This is more like a pamphlet giving you points rather than helpful guidelines. Disappointed and feel it was not worth the purchase.

If you just read the book, it's more helpful than this summary. I didn't get much from the summary.

not worth the price, or time to read. Info easily available for free elsewhere.

This was too brief. I had to order the main book to get a good idea and help on this plan.

I did not find this book usefull I thought it would have sample menus and guides

Healthy ideas, for everyone. Makes sense that we are distroying our bodies with processed foods (my words) Helpful information regarding the THM plan and process to becoming healthier.

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Summary: Barrett & Allison's Trim Healthy Mama Plan: The Easy-Does-It Approach to Vibrant Health and a Slim Waistline Trim Healthy Mama Plan: The Easy-Does-It Approach to Vibrant Health and a Slim Waistline Summary of Trim Healthy Mama Plan: by Pearl Barrett and Serene Allison | Includes Analysis Trim Healthy Mama's Trim Healthy Table: More Than 300 All-New Healthy and Delicious Recipes from Our Homes to Yours Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes Yo Mama Jokes Encyclopedia -The Worlds Funniest Yo Mama Jokes: Yo Mama Jokes, Jokes and Riddles, Humor, Jokes For Kids, Comedy, Best Yo Mama Jokes Wheat Belly Recipes: 39 Wheat Belly Recipes Including Diet Plan And Food List To Help Trim Your Waistline-Get Rid Of Unwanted Fat Rapidly And Improve Your ... Free Recipe, Gluten Free Diet Book 6) Summary - The Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Hardcover, Summary, Audible, Novel, Audiobook Book 1) MAMA: a TRUE story, in which a BABY HIPPO loses his MAMA

during a TSUNAMI, but finds a new home, and a new MAMA Trim Healthy Mama Best Wok Recipes from Mama Liâ™s Kitchen: Healthy, Quick and Easy One Pot Meals for Busy Families (Mama Li's Kitchen Book 1) Summary - Creativity, Inc.: By Ed Catmull - Overcoming the Unseen Forces That Stand in the Way of True Inspiration (Creativity, Inc: A Complete Summary ... Book, Paperback, Hardcover, Summary Book 1) Summary - Circling the Sun: By Paula McLain - A Detailed Summary (Circling The Sun: A Detailed Summary---Paperback, Ebook, Novel, Audiobook, Audible, Hardcover) How To Lose Thigh Fat: The Most Effective and Simple Solutions to Trim your Thighs (Thigh fat, slim thigh, reduce thigh fat, shape your thigh) The Asian Diet: Get Slim and Stay Slim the Asian Way (Capital Lifestyles) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Trim Life - "Diets Don't Work, Hypnosis Does." Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle and Make You Healthy, Fit, and Trim for Life Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Golf Course Irrigation - Environmental Design & Management Practices (03) by Barrett, James - Vinchesi, Brian - Dobson, Robert - Roche, Paul [Hardcover (2003)]

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