



The FAB Diet

Rosemary Conley

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When Rosemary Conley appeared on *Dancing on Ice* at the age of 65 looking younger and fitter than many of the contestants on there, she proved that her diet and exercise programmes really work. She is an inspiration to thousands of people and her diets are effective, simple and easy to follow. Here's what some of the people who have tried it say:

THE FAT ATTACK BOOSTER DIET

The Fat Attack Booster (FAB) Diet has been tried and tested for six months and the results are astonishing.

'I lost 2 stone in 7 weeks. It really is a FAB diet!' said Becki Gordon.

'I lost 12 lbs in my first week and I am so motivated to keep going on this eating plan. The FAB Diet is so easy AND I'm eating normal food!' said Robert Carr.

Based on everyday healthy food the FAB Diet is so versatile it caters for all tastes and lifestyles. Select from the 'High Protein' or the 'Carb-based' menu plans, or go for the 'Vegetarian' choice. There are also menus incorporating ready meals, and/or desserts. You choose. And to make your selection even easier, they are all colour-coded so you can see at a glance which you want.

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From reader reviews:

Joan Rogers:

The book untitled The FAB Diet contain a lot of information on the idea. The writer explains her idea with easy way. The language is very easy to understand all the people, so do certainly not worry, you can easy to read the item. The book was authored by famous author. The author provides you in the new period of time of literary works. It is easy to read this book because you can please read on your smart phone, or gadget, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site as well as order it. Have a nice examine.

Jeffery Bruce:

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David Dozier:

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