



## A New You in 21 Days

By Lucy Doncaster

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, A New You in 21 Days, Lucy Doncaster, This title features a three-week regime with instant impact. It includes easy-to-follow with long-lasting results. Eat yourself slim with this 21-day diet and fitness plan, including more than 80 healthy low-fat recipes and a range of aerobic and toning exercises for the whole body. Complete the transformation with a selection of confidence-boosting top-to-toe beauty treatments. It is packed with tips, advice and full nutritional information as well as easy-to-use meal and exercise planners, all shown with over 500 pictures. Full nutritional information and at-a-glance calorie and saturated fat values are provided. Based on the principle that in order to lose weight you have to cut your calorie intake and increase your activity levels, A New You in 21 Days outlines a healthy three-week weight-loss scheme that will leave you looking and feeling fabulous. There is a range of delicious low-fat recipes - from breakfasts and snacks to light lunches, main meals and even some sweet treats - easy-to-follow aerobic and toning exercises, and expert beauty tips that will help you maximize your assets. With detailed planners, at-a-glance calorie counts and accessible routines, this book...



**READ ONLINE**

[ 7.23 MB ]

### Reviews

*The best book i at any time read. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this book to understand.*

-- **Raina Simonis**

*It is fantastic and great. Sure, it is actually play, nonetheless an amazing and interesting literature. I realized this ebook from my dad and i recommended this pdf to find out.*

-- **Gunner Lang**

## Related eBooks



### **Rumpelstiltskin - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Rumpelstiltskin - Read it Yourself with Ladybird: Level 2, In this classic fairy tale, a miller's daughter has to spin straw into gold for the king. A funny little man comes to help...



### **Peppa Pig: School Bus Trip - Read it Yourself with Ladybird**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: School Bus Trip - Read it Yourself with Ladybird, Peppa and her friends are going on a school bus trip. What adventures will they have when they visit the mountains? It...



### **Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Save Pudding Wood (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



### **Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Ice City (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 170 x 145 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



### **Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Uncle Max (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



### **Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...