



## Monday to Friday Diet

By -

Bauer Media Books. Paperback. Book Condition: new. BRAND NEW, Monday to Friday Diet, The perfect long-term solution to healthy living that keeps the weight off - the Monday to Friday Diet allows you to indulge at the weekends, knowing you're following a healthy, nutritious and delicious plan through the week. While most diets focus on short-term weight-loss goals, and are so prohibitively strict that many of us fall off the wagon in a matter of weeks, the Monday to Friday Diet has longevity built in, because you are allowed the occasional treat. Packed with recipes for quick breakfasts, lunch on the go, and fast and easy midweek dinners, this is designed to fit into your busy daily life, and not allow weight-loss goals to stand in the way of tasty, nutrient-packed, satisfying eating.



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