



The Planet Friendly Diet: Your 21-Day Guide to Sustainable Weight Loss and Optimal Health

Cat Smiley

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Would you like to lose weight, feel great, and minimize the impact of your eating habits on the environment? *The Planet Friendly Diet* is a unique, all-inclusive blueprint for a greener lifestyle based on responsible dietary choices. Jump start your journey to optimum health with the all-inclusive twenty-one day meal plan, and then apply the information in the accompanying nutrition guide to transform short-term success into long-term, sustainable results.

Leading body-transformation expert and former professional skier Cat Smiley shares her simple step-by-step program for a complete detox and reboot. The diet is meat, dairy, wheat and gluten-free, and comes with a weekly shopping list to ensure zero-waste. All single-portion recipes:

Use fresh, every day ingredients Cost less than \$5.00 Are under 500 calories Take no more than twenty minutes to prepare

Whether you want to give your eating patterns a complete makeover or just kick start a change towards a healthier life, *The Planet Friendly Diet* will motivate, educate and empower you. Fully-illustrated with mouthwatering images of each internationally inspired recipe, it's like having your very own nutrition coach and personal chef. And not only will you lose weight, get fit, and feel great - you'll be contributing to a wider humanitarian cause.

Cat Smiley is an award-winning body transformation specialist and owner of Canada's premiere weight-loss retreat for women, Whistler Fitness Vacations. A former world-class skier, she is a philanthropist, nutritionist, and master trainer.

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Gary Flint:

Hey guys, do you would like to finds a new book to see? May be the book with the subject The Planet Friendly Diet: Your 21-Day Guide to Sustainable Weight Loss and Optimal Health suitable to you? Often the book was written by famous writer in this era. The actual book untitled The Planet Friendly Diet: Your 21-Day Guide to Sustainable Weight Loss and Optimal Health this one of several books in which everyone read now. This kind of book was inspired a lot of people in the world. When you read this book you will enter the new dimensions that you ever know ahead of. The author explained their concept in the simple way, so all of people can easily to recognise the core of this guide. This book will give you a lots of information about this world now. In order to see the represented of the world with this book.

Karena Figueroa:

People live in this new time of lifestyle always try and and must have the extra time or they will get wide range of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely of course. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to anyone of course your answer can unlimited right. Then ever try this one, reading textbooks. It can be your alternative within spending your spare time, often the book you have read is definitely The Planet Friendly Diet: Your 21-Day Guide to Sustainable Weight Loss and Optimal Health.

Dennis Gaines:

Playing with family in the park, coming to see the sea world or hanging out with good friends is thing that usually you have done when you have spare time, after that why you don't try issue that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love The Planet Friendly Diet: Your 21-Day Guide to Sustainable Weight Loss and Optimal Health, you can enjoy both. It is excellent combination right, you still need to miss it? What kind of hangout type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

Randi Adams:

The Planet Friendly Diet: Your 21-Day Guide to Sustainable Weight Loss and Optimal Health can be one of your nice books that are good idea. We recommend that straight away because this publication has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to put every word into satisfaction arrangement in writing The Planet Friendly Diet: Your 21-Day Guide to Sustainable Weight Loss and Optimal Health however doesn't forget the main point, giving the reader the hottest as well as based confirm resource info that maybe you can be one of it. This great information can certainly drawn you into brand new stage of crucial considering.

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