



Fat-Burner Foods: Eat Yourself Slimmer in 14 Days

Dr. Caroline Shreeve, Caroline Shreeve

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Stop the dreaded yo-yo dieting cycle and shed stubborn fat for good. Even if you've been overweight for 10, 20, or 30 years, you can eat yourself slim in just 14 days by following this revolutionary, clinically proven weight loss program. An effective alternative to the drudgery of traditional diets and the fleeting results of fads, this nutritionally sound plan combines safe, rapid weight loss with the development of long-term healthy eating habits. Achieve your target weight by repeating the 7-day fat-burning menu; then follow up with the stabilizer program where you'll choose from a wide range of easily available, flavorful, filling foods. The simple, adaptable menus require no special cooking or calorie counting. With tips for vegetarian meals, cooking for guests, and avoiding tempting treats during the holidays, there is no room for excuses. So, light the fat-burning fire within and melt away excess pounds for now and forever.

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Lorraine Paisley:

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Carol Ramirez:

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