



## **Schedule Me Skinny: Plan to Lose Weight and Keep It Off in Just 30 Minutes a Week**

*Sarah-Jane Bedwell R.D. L.D.*

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**The secret ingredient for weight loss isn't grapefruit or quinoa or protein bars...It's planning!**

A busy schedule can make lasting weight loss and healthy maintenance feel impossible. How can you make wise food choices and maintain good habits when you're rushed, overwhelmed, and distracted?

Now a registered dietitian spills the secret to peeling off the pounds and eating better, even on your most time-crunched days. With thirty minutes of prep once a week, you can ensure a whole week of healthy eating--from preparing tasty, healthful meals to shortening your grocery store trip, to planning energizing snacks on the go.

*Schedule Me Skinny* gives you all of the tools you need to take control of your busy schedule and bulging waistline, including:

- easy-to-use fourteen-day meal plan
- grocery shopping lists
- grab-and-go meal ideas
- tips for eating out
- quick dinners using just what's in your pantry, for days that don't go as planned

Featuring real-life success stories, this is the must-have plan for women who refuse to choose between their skinny jeans and a full life. Get started today!

**INCLUDES MORE THAN 40 DELICIOUS RECIPES!**

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