



Ultimate Fat Flush Plan and Cookbook (EBOOK BUNDLE)

Ann Louise Gittleman

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Reboot your metabolism and reinvent your life with the revolutionary Fat Flush plan and cookbook

2 books in 1 eBook!

One of the top nutritionists and wellness gurus in the United States today, Ann Louise Gittleman gives you everything you need to drop the pounds and boost your health. Her breakthrough Fat Flush plan has helped countless people not only lose weight but increase their metabolism, energy, and even beauty.

Now, you can get the science behind the plan and recipes for delicious meals to keep yourself on track—all in this single ebook package! *The Ultimate Fat Flush Plan and Cookbook* contains:

The Fat Flush Plan

Gittleman's revolutionary helps you trim fat and build health by cleansing the liver—the most essential organ for maintaining optimal body weight.

Based on a satisfying, healthful, and cleansing combination of essential fats, balanced proteins, and quality carbohydrates, this detoxifying process boosts the liver's ability to function at its highest level, accelerating weight loss while increasing health. In no time, you'll experience:

- Increased metabolism
- Greater levels of energy
- More restful sleep
- Fewer mood swings

The Fat Flush Cookbook

Cleanse your body with more than 200 recipes using fat-flushing foods and thermogenic herbs and spices. This tasty, heart-smart volume includes:

- Time-saving, one-dish dinners
- Packable lunches
- Vegetarian-friendly ideas
- Serving options for singles and families
- An expansive list of name brands suitable for Fat Flushing

With delicious recipes, Fat Flushing information, and meal choices to suit every lifestyle, *The Fat Flush Cookbook* is perfect for the millions of people across the country struggling to keep the weight off and lead a healthier, happier life.

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Catherine Crider:

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