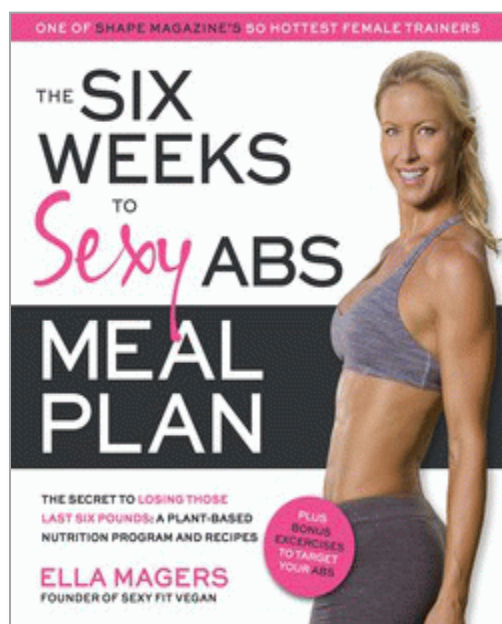


Advance Information

The Six Weeks to Sexy Abs Meal Plan

The Secret to Losing Those Last Six Pounds: A Plant-Based Nutrition Program and Recipes



Author:	Ella Magers
ISBN:	9781624141430
Imprint:	Page Street Publishing
BIC Category:	Fitness & diet
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Illustrations:	100 Colour Photographs

Selling Points:

Lose those last 10 pounds and whip your tummy into shape with this six-week nutrition plan from one of America's Top 50 Trainers - the secret is simple, vegan food.

Description:

For the gym-savvy health aficionados who just can't lose those last 6 pounds, Ella Magers' secret to slimming down is cutting out dairy, cutting back on grains and adding power-packed, plant-based proteins. One of the Top 50 Trainers in America, Magers will help readers trim their waists so they can finally show off the washboard abs they've always wanted. Magers' unique vegan approach emphasizes nutrient-dense, calorie-light, whole plant foods and carb cycling, which is a low-carb diet punctuated with periods of moderate or high carb intake. Magers will help readers cut refined sugars and avoid obsessive calorie counting. Plus, she'll make sure readers don't fall into a common vegan trap—replacing meat with carbs. She shares simple, efficient exercises that readers can do anywhere for targeted results, but the focus is on nutrition, which is the best and fastest way to sexy abs. The benefits to her approach include a strong, sexy, sculpted body; more energy, glowing skin and a light, cleansed feeling. Plus it's the compassionate and environmentally conscious choice. Readers do not already have to be vegan to reap these and other benefits from Magers' diet plan.