



Thin and Thinner: Solutions To Permanent Weight Loss in the Real World For Mom's to Models... If We Can Do it So Can You!

Ida Fiorella, Emily Fiorella

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Thin and Thinner offers solutions to permanent weight loss in the real world achieved by two experienced dieters. They share with readers practical strategies to losing weight and keeping it off for life. The weight loss plans allow for two levels, with the goal of being either thin or thinner, as the title suggests. The book is filled with detailed meal plans, life experiences, grocery lists, delicious recipes, and suggestions to assist the reader in transforming eating habits in any situation. No chefs or special pre-packaged foods are needed. This book contains all of the tools necessary to lose weight permanently and enjoy being both thin and healthy. The diet is simple and to-the-point, explaining the importance of living a low carbohydrate lifestyle, rich in green vegetables, while avoiding processed carbs. It is a low glycemic, diabetic friendly approach, with references to the latest research and resources available.

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