



The 21-Day Wonder Diet: Lose Up to 10kg in Three Weeks. (The Australian Women's Weekly: New Essentials)

The Australian Women's Weekly

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It's the food that makes this book different. The hardest part of any diet is sticking to it, but the scrumptious recipes and clever tips in this book will help you stay the 21-day distance. The diet is clearly laid out, with incredibly tasty recipes for breakfast, lunch, dinner and snacks. Stick to the plan (with helpful daily hints along the way) and you'll eat no more than 20g fat a day, and you'll definitely lose weight. Your food will be so delicious, nutritious, and quick and easy to make, you just may not want to stop.

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