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# Summary: Barrett & Allison's Trim Healthy Mama Plan: The Easy-Does-It Approach To Vibrant Health And A Slim Waistline



## Synopsis

The time for counting each calorie that goes into your mouth is over. There are no food groups that need to be excluded, and losing weight and improving your health no longer means deprivation or discomfort. This is a summary of the original book: Trim Healthy Mama Plan, a revolutionary program that can be tailored to all age groups and allows you to lose weight and keep it off in a healthy manner. This is a highly practical and completely new way to get rid of the pounds and to become healthier with tasty food, simply by eliminating sugar. Based around principles for eating laid out in the Bible, this eating plan features two types of meals that are satisfying to the appetite and the palette. The satisfying recipes have more protein and fat, and the energizing recipes that have a higher quantity of protein and carbs. With these two meal types, you unlock the keys to your own success. The food is delicious, real food, processed as little as possible, and you get to eat low-GI grains, healthy fats, proteins, and fresh vegetables and fruit. The meals are easy to prepare to save you time but pack a great punch when it comes to boosting metabolism. Get started today and join the thousands of people who have already made a positive change in their lives thanks to this simple and tasty dietary approach to weight loss and health. As you are flooded with lots of work and can't find time to listen to it, a well-written summary enables you to know the unique ideas presented in the book clearly and precisely. It saves you time, giving you a great advantage over listening to the original book.

## Book Information

Audible Audio Edition

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## Customer Reviews

Wasn't worth the money. This didn't offer any additional insight to the Trim Healthy Mama Plan, you

get better condensed informative help from Gwen's Nest Quick Start Guide which is free. I wouldn't have given it the one star but it wouldn't let me by pass it to do the review.

you can get the same information for free at Gwen's Nest.

Violation of copyright laws. This is NOT Trim Healthy Mama. It is wrong that they are using the REAL Author's names & Title to make a profit. They should be sued...

I wasn't happy with this purchase. This is more like a pamphlet giving you points rather than helpful guidelines. Disappointed and feel it was not worth the purchase.

This summary helped me by giving me a short but thorough overview, enough to decide that I wanted to buy the full book and cookbook, and enough information to get started on this eating plan while I ordered those and waited for them to arrive. I really like this plan because it has great recipes my family likes and eats, but still works with my particular restrictions for autoimmune disease. It has been so great to be able to eat cake and bread again with their baking blend ideas. You can buy theirs, or if you're allergic to some of their ingredients (I am), you can make one yourself based on their concepts. Their nutrition information is sound.

This plan is the property of Pearl and Serene. No one else has the right to profit from their intellectual property.

Should have read the reviews on this one before purchasing. Waste of money. It doesn't provide enough information about the plan to even help you at all. Very disappointed. More like a brochure and totally not worth the money.

If you just read the book, it's more helpful than this summary. I didn't get much from the summary.

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template, business plan guide - Summary - StrengthsFinder 2.0: By Tom Rath - A Chapter by Chapter Summary (StrengthsFinder 2.0: Summary - Paperback, Audiobook, Audible, Book) The Hoosier Mama Book of Pie: Recipes, Techniques, and Wisdom from the Hoosier Mama Pie Company Yo Mama Jokes from All Around the Block: Just Like Yo Mama, Fool!, Volume 1 The Cruelty of Heresy: An Affirmation of Christian Orthodoxy [Paperback] [1993] (Author) C. Fitzsimons Allison Aggies, Immies, Shooters, Swirls: Wonderful World of Marbles (A Bulfinch Press book) 1st (first) Edition by Barrett, Marilyn published by Bulfinch (1994) The Craft of Writing Articles (Allison & Busby Writers' Guides) Syd Barrett & Pink Floyd: Dark Globe The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant Health Fit and Sexy For Life: The Hormone-Free Plan for Staying Slim, Strong, and Fabulous in Your Forties, Fifties, and Beyond Public Health 101: Healthy People-Healthy Populations (Essential Public Health) Mini Encyclopedia of Garden Ponds: How to Plan, Construct and Maintain a Vibrant Pond That Will Enhance Your Garden The Mediterranean Prescription: Meal Plans and Recipes to Help You Stay Slim and Healthy for the Rest of Your Life Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) Summary: The 10X Rule: The Only Difference Between Success and Failure by Grant Cardone: Book Summary Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health

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