



The 20/20 Diet

Lola Berry

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Lose 20 kilos in 20 weeks with the help of Australia's favourite nutritionist, Lola Berry.

Sick of feeling fat, sluggish and bloated?

Based on years of experience helping clients in her own practice, and a long struggle with her own weight, leading Australian nutritionist Lola Berry has devised this effective and easy-to-follow eating and fitness plan that is guaranteed to help you shed 20 kilos in 20 weeks, while feeling your energy levels skyrocket!

By making simple adjustments to her diet and following an exercise plan, Lola lost 20 kilos in 20 weeks, and you can too! *The 20/20 Diet* is firmly based on eating unprocessed foods and steering clear of the grains, dairy and refined sugar that are also common allergens. Simple, practical and perfect for people too busy to worry about strict regimes, this diet is crammed full of all the tips, tricks and tried-and-tested ways to lose weight quickly and keep it off.

- Get the lowdown on the metabolism boosters such as coconut oil, green tea tablets and chilli that will actually help you lose weight at your desk!
- Discover the true benefits of sleep and what those zzzs are doing for your body and mind.
- Follow Lola's 14-day meal and exercise plan to kick-start your weight-loss.
- Includes more than 35 simple and delicious recipes for breakfast, lunch, dinner... and snacks!

The 20/20 Diet contains all the guidance you need to lose weight at a rapid and steady pace, whether you want to lose 5 kilos or 20. So join Lola on the path to a new, slim, energised you - starting NOW!

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