



## Her Mind Body 12 Week Meal Planning Guide

By Jacquelyn Hollister-Tyson

Lulu.com, United States, 2013. Pamphlet. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Failing to plan is planning to fail , and if you want to be successful at weight loss, YOU MUST PLAN! This 12 week meal planning guide will provide you with the tools you will need to plan your meals from week to week. Not only does planning your meals help with weight loss, but it also makes grocery shopping easier and saves time and money. In this guide, you will: \*Determine your daily calorie limit \*Use your daily calorie limit as a guide for planning six meals a day (breakfast, lunch, dinner, and three snacks) \*Learn how many calories to allot for each meal Also includes 12 weeks of meal planning charts and BONUS clean eating guide and food list. You have the power to lose weight, and this guide has the tools and resources to help you!.



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