



The 3-Apple-a-Day Plan: Your Foundation for Permanent Fat Loss

Tammi Flynn

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Learn the small-town diet secret that is sweeping the nation: add three apples a day to your diet and the weight will drop off!

In the little town of Wenatchee, Washington, Tammi Flynn, nutrition director at the local Gold's Gym, discovered a secret: when one of her clients, who had been stuck on a diet plateau, ate an apple before every meal and didn't change anything else, she lost one and a half pounds of fat in just one week. Flynn tried it out with her other clients and saw wild results. Three hundred forty-six people lost more than 6,000 pounds in twelve weeks. That's seventeen pounds per person!

The 3-Apple-a-Day Plan is a breakthrough weight loss program based on eating well from now on, and not feeling deprived. By combining balanced meals with exercise—and adding the fat-loss accelerator of three apples a day—the plan allows your body to maintain valuable muscle tissue (the key to metabolism) while shedding unwanted layers of fat. It is your foundation for permanent fat loss.

The 3-Apple-a-Day Plan is easy to read, easy to understand, and most important, easy to customize and incorporate into your lifestyle. Today, more than 150,000 people have lost weight with Tammi's plan—and so can you!

You will discover:

- How to plan and prepare quick meals from over 100 delicious recipes
- How to increase your metabolism to achieve permanent fat loss
- The different between overfat and overweight
- How and why apples are used as a fat loss supplement
- Why men lose weight faster than women
- Why the scale may sabotage your efforts to lose weight
- Personal success stories and photos of people who have struggled with weight loss and won

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