



The Lunch Box Diet: Eat All Day, Lose Weight, Feel Great. Lose Up to a Stone in 4 Weeks.

By Simon Lovell

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The Lunch Box Diet: Eat All Day, Lose Weight, Feel Great. Lose Up to a Stone in 4 Weeks., Simon Lovell, The exciting new diet that everyone is talking about, the Lunch Box Diet will change the way you think about food and slimming forever. Looking at what you eat and also at how and when you eat, the simple, flexible plan is easy to build into any daily routine. And you can still enjoy a normal breakfast and dinner - as well as the odd indulgence. The Lunch Box Diet is a completely new approach to weight loss that is easy to follow - whatever your lifestyle. Leading fitness expert Simon Lovell has devised a 4-week plan that is so simple and effective it will become a way of life for you. * You're never hungry * Eat your normal breakfast and evening meal * No calorie counting * No cutting any foodstuffs out * No special diet foods * Quick and easy prep times * Thousands of tasty fat-burning box combinations * Perfect for the workplace * Increase your energy - no afternoon slumps * Gorgeous hair and super skin...

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