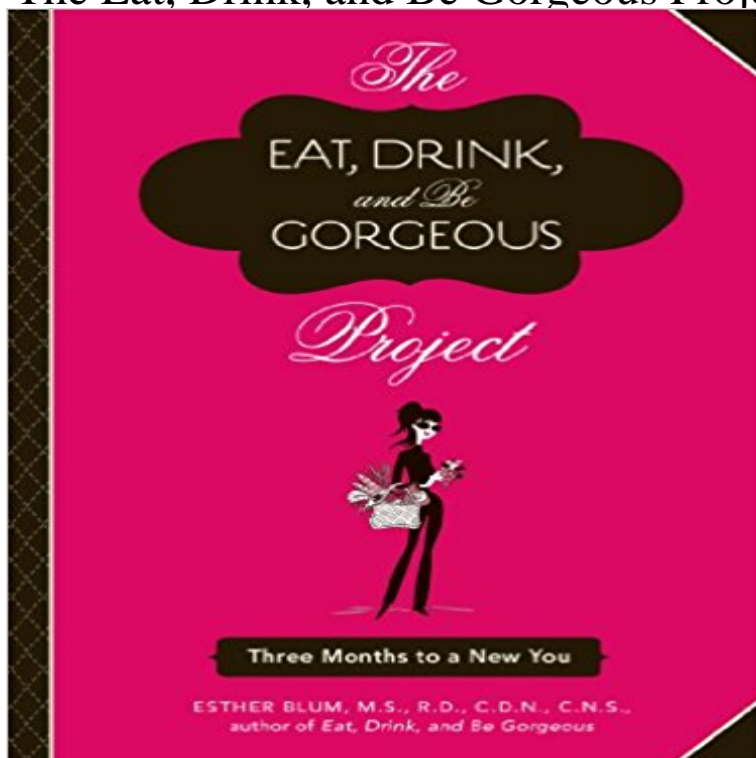


## The Eat, Drink, and Be Gorgeous Project: Three Months to a New You



Women will lose twice the weight when they track what they eat with this helpful food diary. Expert nutritionist Esther Blum provides a healthy dose of motivation plus all the necessary tools to make it happen: delicious meal plans (the gluten-free one is surprisingly savory), easy recipes (McSteamy Veggies, Low-Carb Chocolate Peanut Butter Bars), strategies for curbing mindless eating, exercises that maximize fat-burning potential, and three months worth of food log pages. This easy, effective path to personal accountability helps women fix diet imbalances that prevent them from losing weight. All wrapped up in a pretty purse-worthy package, its everything a woman needs to perfect her most important project ever: herself.

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