



Creative Cooking & Recipes

128 Family friendly recipes for Michael Thurmond's 6 Week Body Makeover Weight Loss Program

Now you can use the recipes in this cookbook to lose up to 34 pounds in 6 weeks just like I did

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..... Creative Cooking & Recipes Cookbook

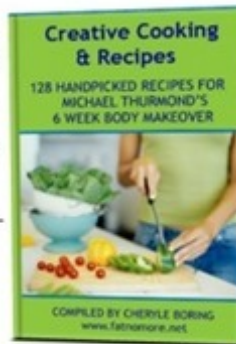
Could you use 128 recipes handpicked especially for use with the 6 Week Body Makeover weight loss program?

How about plenty of tips, hints and tools that make it easier for you to stay on the 6 Week Body Makeover weight-loss program?

Creative Cooking & Recipes is the first and only ebook full of recipes, hints and tips created specifically for use with the 6 Week Body Makeover weight loss program. The recipes in this book will help you create great tasting, no-guilt food and still stay on-program.

There's no guesswork. Every recipe comes complete with it's own easy-to-read meal chart. Serving sizes and portions for every recipe are already calculated.

These are perfect for your 6 Week Body Makeover weight loss program.



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Try [3 recipes](#) from the cookbook absolutely free:

[Chicken in Green Sauce](#) Chicken cooked in a homemade green tomatillo sauce. Delizioso!

[Chicken with Paprika and Potatoes](#) An all-in-one meal. What could be easier?

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