



## 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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- [Determine Frame Size](#)
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### ..... Creative Cooking & Recipes Cookbook .....

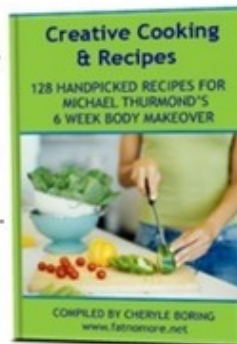
Could you use 128 recipes handpicked especially for use with the 6 Week Body Makeover weight loss program?

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. [Click Link Below](#) to purchase yours in your



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

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

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

[Crispy Potato Slices](#) This recipe satisfies my craving for fried potatoes. I love potatoes!

Plus get your free bonus of 30 [summer lemonade recipes](#).

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