

ROSEMARY CONLEY'S
Ultimate
Gi Jeans
Diet

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weight loss ever!
Lose 7lbs in
2 weeks*



The Ultimate Gi Jeans Diet

Michael Hoelscher



The Ultimate Gi Jeans Diet:

The Ultimate Gi Jeans Diet Rosemary Conley, 2012-07-31 The Ultimate Gi Diet incorporates and builds upon the remarkable results and success stories of the original Gi Jeans Diet. Rosemary takes the scientifically proven success of Glycaemic Indexing Gi and represents it in a straightforward format with an easy to follow A Z of Gi foods. The book contains no calculations or complex charts but a simple diet and maintenance plan that promises dramatic weight loss fast. There is 70% new material with a greatly extended easy to follow diet plan offering twice as many meal options and many more new recipes as well as menu plans for solo dieters and shift workers, tips on dining out, easy exercises to speed up weight loss and lots of no nonsense advice and motivation from Rosemary. There are anecdotes and success stories for slimmers who have lost weight on the original Gi Jeans Diet, many of whom have reported amazing health benefits. It also features the story of five trial dieters who lost 8 stone between them in just nine weeks and who were featured on ITV's Central News. *Gi Hip & Thigh Diet* Rosemary Conley, 2013-01-31 You won't believe how quickly the weight and inches disappear. Rosemary Conley CBE has taken the key elements for success from her two biggest selling and best known diet books, her *Hip and Thigh Diet* and *Gi Jeans Diet* to create the ultimate healthy weight loss formula that promises optimum results in the shortest possible time. Her brilliant new plan takes the hard work out of dieting by combining the scientifically proven benefits of low fat and low Gi eating in an easy to follow programme that fits into any lifestyle. The varied and flexible menus offer plenty to eat and ample options for solo slimmers, meat eaters and vegetarians alike and there's a wide selection of delicious recipes that the whole family can enjoy. In fact it won't feel like a diet at all but a new way of eating. I guarantee that if you follow this diet you will transform your body faster than you ever believed possible. It really really works. Rosemary Conley CBE **The Secrets of Staying Young** Rosemary Conley, 2012-10-31 Rosemary Conley is one of the UK's most successful and best loved diet and fitness experts. Rosemary Conley's *Secrets of Staying Young* is the book that she's been planning to write for 20 years. In it she shares some of her own experiences of looking and feeling young as the years pass as well as giving advice on diet, exercise. Including a special section of exercises for the over 70s, an age group that is often overlooked in beauty and fitness books, dressing for your age and shape and gives medical advice about HRT, plastic surgery and how to stay fit despite the changes in your body. Rosemary Conley's *Secrets of Staying Young* is not only a practical and useful guide for women but also a very personal story of how she has maintained her health and stayed looking youthful throughout the years. Rosemary Conley's Gi Jeans Diet Rosemary Conley, 2012-02-29 Rosemary Conley CBE is Britain's most trusted diet expert. So who better to bring us a diet book that takes the scientifically proven success of Glycaemic Indexing Gi but presents it in a way that is straightforward and easy to follow. Unlike other Gi books, Rosemary Conley's *Gi Jeans Diet* will do all the hard work for you. No calculations or complex charts but a simple easy to follow diet plan that promises sensational weight loss results fast. To maximise your progress and achieve a truly great shape everyone needs to get active. Rosemary brings you her best ever

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