

The Blueprint for Maximum Weight Loss in The Next 30 Days (Never Fall of The Wagon Again)!

Which food groups enable you to eat more and weigh less?

_____	_____
_____	_____
_____	_____

List 6 of your favorite "green light" foods below:

_____	_____
_____	_____
_____	_____

Why does "bulk" = fiber and water help you lose weight?

