

The 4-Day Diet

Information Kit



The great new secret diet revealed!

Prepared by Coachingplus
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Why is the 4-Day Diet so Great?

Because it works, it's easy and it takes less than a week.

When a last minute invite to a weekend on the beach means you just must get into swimsuit mode, fast, you can start this diet on Tuesday and be ready for a bikini by Saturday morning!

When a series of big business lunches begin to show, you can get rid of the weight with the 4-Day Diet over a long weekend.

When holidays cause a 2 kilo gain, the 4-Day Diet can turn it into a loss before anyone but you even notice!

When you're simply feeling fat and unattractive, whether you actually look it or not, the 4 Day Diet will cheer you up and let you feel fit and fantastic.

If you have just given up smoking and put on a few kilos or if you are thinking about quitting but worried about weight gain – *then this is for you.*

If you want to kick-start a long diet then this will give you an early fix to set you on your way.

It's Easy

Knowing in advance what to eat and when to eat
makes losing your weight easier.

Never having to make food decisions..... *simplifies the weight loss process.*

No choices...just follow the diet. *having too many choices has been the downfall of many dieters.*

It's quick and easy to prepare..... *leaves time to prepare the family's meal too.*

The 4 Day Diet is a strict one..... *that's why it works!*

There are no . . .

- Funny fad foods..... so there are no surprises.
No weighing or calorie counting..... just follow the diet.
No bread..... in fact there's no grain, cereal, bran,
pasta or dairy products.
No margin for error..... if it's not on the diet -you don't eat it!



What are the typical foods on the 4 Day Diet?

- Selected Vegetables..... which are low in calories.
Protein Foods..... the dominant element of the diet.
Fruit & Juices..... your daily supply of vitamins and
fibre.

How much can you expect to lose?

It's impossible to be accurate too many factors come into play
ie: physical activity, age, current weight & shape, your height and body build.

What the 4 Day Diet doesn't do

It doesn't offer well-balanced, text book nutrition.
Two important food groups are eliminated completely (dairy/grains/cereal) while at
the same time you are allowed to eat as much as you like of some others, it is not
recommended for use over a long term.

And there you have it!

4 days of low-caloric, low carbohydrate, high protein eating that will blitz off the kilos
in less than a week!

4 Day Diet Booklet

Order Form

Please send me a copy of the 4 Day Diet.

to:
your name

at: P/code:.....
postal address

or email:
your email address.

Telephone: Mobile:

Your Age: under 20 20-35 35-45 45-55 55+

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