



# **Skinny Chicks Don't Eat Salads: Stop Starving, Start Eating...And Losing!**

*Christine Avanti*

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Packed with real-world advice for a real-life transformation, *Skinny Chicks Don't Eat Salads* by Christine Avanti, CN shows that it's not only possible to shed weight while eating carbs, fats, and all your favorite foods?it's the **ONLY** way.

On the Skinny Chicks plan you will:

- Drop up to 7 pounds within the first 7 days
- Eat every 4 hours to keep your fat-burning metabolism humming
- Never feel deprived, with over 100 fabulous recipes designed to provide the perfect balance of protein, carbs, and fat

Follow the Skinny Chicks program for 30 days and you'll find you're no longer a slave to the overpowering cravings that lead to endless cycles of starving, bingeing, and guilt. So toss the boring salads and start enjoying food again to achieve lasting, healthy weight loss!

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