



# **A Summary of Trim Healthy Mama Plan: The Easy-Does-It Approach to Vibrant Health and a Slim Waistline | Master in 20 Minutes**

*Bern Bolo*

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Did you know...

that you could eat up yet slim down?

that fats are as important as carbohydrates?

that this diet plan allows you to eat what you want to eat?

*Pearl Barrett* and *Serene Allison* had written the **Trim Healthy Mama Plan: The Easy-Does-It Approach to Vibrant Health and a Slim Waistline** for people who need to start living the healthy lifestyle. Figure out and attain your goal weight without the restrictions of most diet plans.

This summary of *The New York Times* bestseller is your ticket to weight loss and optimal health. Slim down without stressing yourself. A lot of people have tried the **Trim Healthy Mama Plan** and testified how it has worked wonders. In just a couple of minutes, you, too, can witness the wonders that *Pearl Barrett* and *Serene Allison's* book.

### A PREVIEW OF THE LEARNINGS you can get from this summary:

- What your body is capable of.
- Figuring out your goal weight.
- Proper serving sizes of the foods you love.
- How to be flexible and still follow the plan. (You can still actually dine out!)
- The meats you can eat.
- The beverages you can drink.
- The frequency of your desserts and snacks.
- How mothers, vegetarians, purists, and men benefit all the same.

Let Bern Bolo's summary of **Trim Healthy Mama Plan** help you change your lifestyle and be healthier.

Do not just lose weight, lose weight properly.

Rid yourself of the misconceptions regarding diet. Be happy and have fun while doing and having the things that are good for your body.

**Be healthy. Be happy. Be you.**

Best of luck!

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