



# **Lose Weight Without Dieting: How I Avoided the Diet Trap and Still Lost 70 Ibs in 6 Months Eating Sweet and Fatty Foods**

*Carmen Garcia*

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# Lose Weight Without Dieting: How I Avoided the Diet Trap and Still Lost 70 lbs in 6 Months Eating Sweet and Fatty Foods

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## **Lose Weight Without Dieting: How I Avoided the Diet Trap and Still Lost 70 lbs in 6 Months Eating Sweet and Fatty Foods** Carmen Garcia

This is a must read for anyone who hates dieting, but loves to eat sinful, decadent and fatty foods. Basically, if it's not sugary or savory, I don't eat it! So how did I manage to lose 70 lbs in just six months, while indulging in all of my fat-full favorites? If you want freedom from the diet trap, but still want to lose weight, follow in my footsteps. I ate what my heart desired, yet through a calculated "anti-diet" diet plan, achieved my ultimate goal - quickly and painlessly.

Learn about this very untraditional approach to weight loss from someone who used it and loved every step of the process. With no restrictions, rules or calorie counting, you can be assured that this diet plan delivers weight loss the easy, no-nonsense way - by eating whatever you want, whenever you want it!

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