



# The No Fail Diet: The Easy 4-Step Plan For Permanent Weight Loss

*Leslie Beck*

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## **The No Fail Diet: The Easy 4-Step Plan For Permanent Weight Loss** Leslie Beck

*The No-Fail Diet* provides you with a nutritionally balanced, easy-to-follow, and realistic diet plan that can help you lose up to 30 pounds in 12 weeks. Rather than requiring the counting of calories or grams of fat and carbohydrates, this flexible diet plan for busy people is based on the four factors of meal timing, portion size, high protein intake, and tracking your progress. Features delicious recipes and a fitness program to get you started.

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