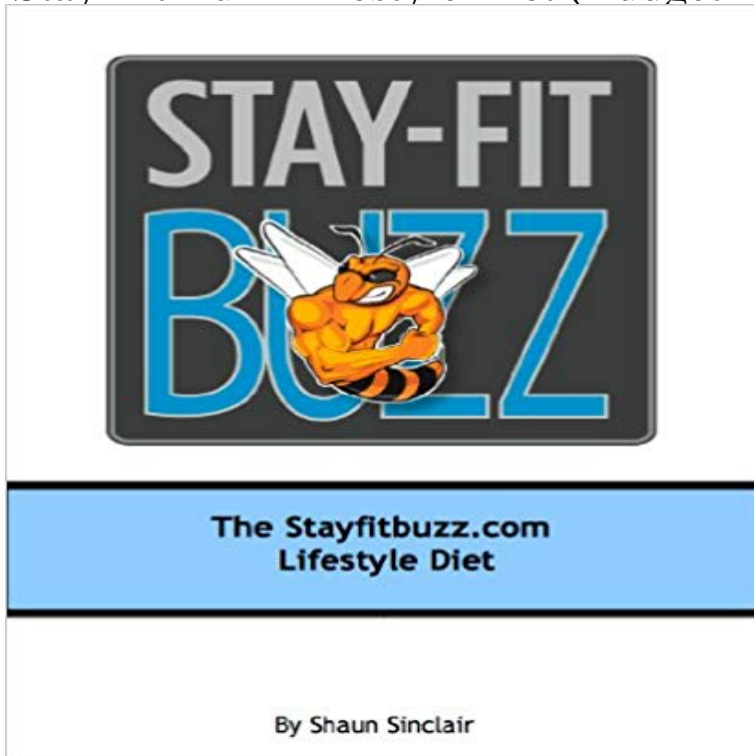


## Stay-Fit Buzz Lifestyle Diet (Budget Foods For Abs Book 1)



The Stay-Fit Buzz Lifestyle Diet is a follow up to the Budget Foods for Abs ebook, which shows you how to lose fat, get lean and build abs without having to break the bank! The Stay-Fit Buzz Lifestyle Diet will show you how and why its important to live your diet as a lifestyle and NOT like a typical diet. Because a life in fitness is a journey and not a destination. Hence the reason why most diets fail. What this book covers- How to determine what the best foods are to include in your diet. Listing all foods and their types, including those from budget foods for abs.- A DONE-FOR-YOU meal plan with several meal varieties using the Stay-Fit Buzz diet formula- Crap, but good foods for fat loss listing the best of them- How to rate your foods properly so that youll never buy the wrong foods ever again- And more

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