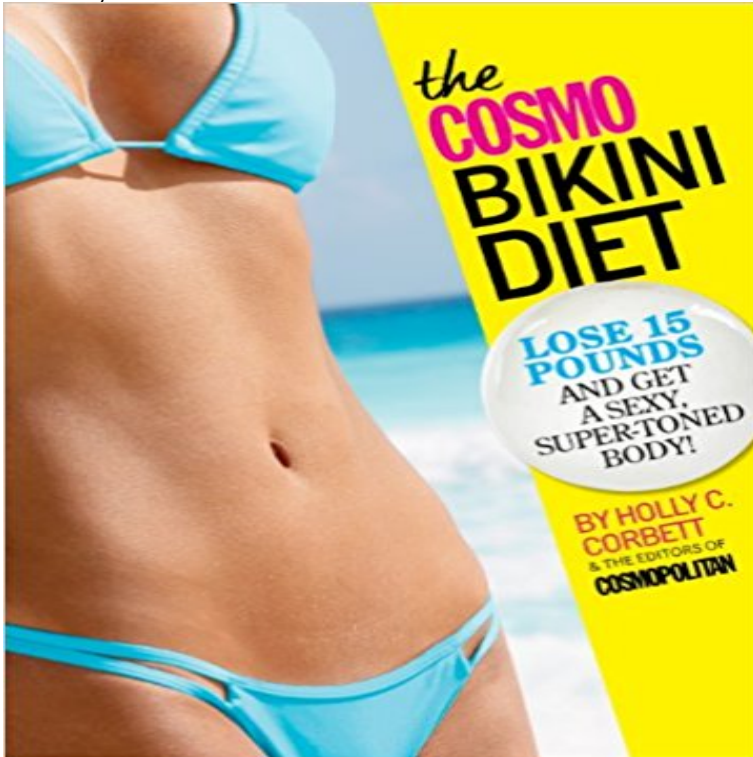


The Cosmo Bikini Diet: Lose 15 Pounds and Get a Sexy, Super-Toned Body!



The Cosmo Bikini Diet is a weight-loss plan designed to get you slim and sexy all over without leaving you feeling unsatisfied, moody, and hungry for real. In fact, it makes eating well and working out actually feel, well, enjoyable. This 12-week program gives you all the tools you need to drop pounds and get toned without cramping your lifestyle: monthly real-world eating plans; hot and healthy workouts that you can fit into even the busiest of schedules; ideas to up the feel-good moments in your day so you don't use food as a quick fix; and more. You'll lose up to 15 pounds (or more) in 12 weeks without feeling deprived. The meal plans were specially designed by Molly Morgan, RD, board-certified sports specialist dietitian, the owner of Creative Nutrition Solutions, and author of *The Skinny Rules*, and include dozens of easy recipes. Each week the reader learns a new get-skinny secret, like how to fuel up on the right carbs, slash sneaky sources of sugar, choose foods that will flatten your tummy! The customized fitness plan from celebrity trainer Tracy Anderson and Barry's Bootcamp offers a mix of cardio and body sculpting moves to tone your butt, arms, belly, and more! The truth is that reaching your happy weight is not so much about hitting a number on the scale or size tag in your jeans, but about feeling light and lean and strong. It's about getting there without abusing your body with extreme dieting and exercise. It's about eventually walking around whether in a bikini or not! with confidence, knowing that you are the healthiest you that you can be.

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