



Hungry Chick Dieting Solution: Whoever Said That You Should Have To Starve Yourself Just To Lose A Few Unwanted Pounds?

By Chef Jai Scovers

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How much is your good health worth to you? Right now, for about the price of your favorite DVD, a magazine subscription or dinner at your favorite restaurant, you are about to discover the three easy steps to a healthier, slimmer you. It's called the "Hungry Chick Dieting Solution," the number one bestselling guide to weight loss for over three years! Why! It works!

That's because "The Hungry Chick Dieting Solution" is not just another diet book. It's actually the first step-by-step guide to help women, like you, who have struggled to lose weight on other diet plans and weight loss programs, finally lose that weight, and then, keep it off. Don't take anybody's word for it, try it yourself and see the results for yourself!

Maybe, that's why "The Hungry Chick Dieting Solution" has become the one weight loss solution that millions of women have been waiting for! Why waste your money on other books of doubt, when the only book that you will ever need is right here?

As a woman, who has struggled with her weight, you already know that any diet is very easy to start. But, the minute that you begin to feel hungry or start to crave any real food, even, some of your favorite desserts, your diet becomes even harder to stick to.

Even when you do lose a few of those extra pounds, you could still find yourself skipping or skimping on meals, just to try and keep them off. Whoever said that you should have to starve yourself just to lose a few unwanted pounds? Well, now, you don't have to!

That's because Chef Jai Scovers (pronounced Jay Scoh-Vers), a trained gourmet chef, a certified healthy eating advocate and author of "The Hungry Chick Dieting Solution," is about to finally tell the truth about the lies that we tell ourselves about dieting and weight loss, including...

- Why every diet that you have ever tried, until now, has failed
- What your ideal or goal weight should be and how to reach it
- How to avoid making one of the biggest dieting mistakes ever

In “The Hungry Chick Dieting Solution,” a revolutionary breakthrough in weight loss, Chef Jai Scovers will also show you how to easily shed up to 50 of those embarrassing pounds and the most proven and effective way to keep that unhealthy weight off for good, while you still enjoy all of the foods that you truly love. It also contains a free 30 day tracking guide to track your meal and to ensure your weight loss. (An additional \$20 value.)

Best of all, you will finally see the kind of results that even your friends and family will notice. Looking better, eating better and feeling better has never been so easy. So, congratulate yourself right now. “The Hungry Chick Dieting Solution is about to change your life forever! Buy your copy right now and join the revolution to a healthier, slimmer you!

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Editorial Review

About the Author

Chef Jai Scovers (pronounced Jay Scoh-Vers) is a trained gourmet chef and a graduate of the world famous Restaurant School at Walnut Hill College in Philadelphia, Pennsylvania, where she was trained in every aspect of the food industry, including food selection, recipe development and menu planning and the nutritional value of food. Chef Jai has worked to develop her skills in such well-known and recognized dining establishments, as the famed Stephen Starr restaurants to Harrah's Showboat Hotel and Casino in Atlantic City, New Jersey. She currently holds her nationally recognized ServSafe certification. This certification demonstrates her ability and commitment to food safety, in the areas of food storage, preparation, cleaning, sanitizing and cooking. Chef Jai Scovers is an advocate in the fight against preventing food borne illnesses and raising awareness about healthy eating. Awareness brings about change. She is also a supporter of several women based charities and fighting childhood hunger. Proceeds from the sale of every copy of this book sold will go to support several charitable efforts, including, but not limited to, the race to find a cure for breast cancer, ending domestic violence and supporting local food banks to feed hungry families. Thank you for your support. Your support will allow these charities to help so many more people.

Users Review

From reader reviews:

Steve Adams:

This Hungry Chick Dieting Solution: Whoever Said That You Should Have To Starve Yourself Just To Lose A Few Unwanted Pounds? tend to be reliable for you who want to become a successful person, why. The main reason of this Hungry Chick Dieting Solution: Whoever Said That You Should Have To Starve Yourself Just To Lose A Few Unwanted Pounds? can be on the list of great books you must have is giving you more than just simple reading food but feed you actually with information that possibly will shock your prior knowledge. This book will be handy, you can bring it almost everywhere and whenever your conditions both in e-book and printed ones. Beside that this Hungry Chick Dieting Solution: Whoever Said That You Should Have To Starve Yourself Just To Lose A Few Unwanted Pounds? forcing you to have an enormous of experience for example rich vocabulary, giving you tryout of critical thinking that we realize it useful in your day exercise. So , let's have it and revel in reading.

Ellen Omalley:

Hungry Chick Dieting Solution: Whoever Said That You Should Have To Starve Yourself Just To Lose A Few Unwanted Pounds? can be one of your beginner books that are good idea. We recommend that straight away because this book has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort to put every word into satisfaction arrangement in writing Hungry Chick Dieting Solution: Whoever Said That You Should Have To Starve Yourself Just To Lose A Few Unwanted Pounds? nevertheless doesn't forget the main stage, giving the reader the hottest along with based confirm resource information that maybe you can be certainly one of it. This great information can easily drawn you into brand new stage of crucial considering.

Ida Johnson:

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