



Monday

Breakfast

Snack

Lunch

Snack

Dinner

Treat

Drinks

Exercise

How I felt today





Tuesday

Breakfast

Snack

Lunch

Snack

Dinner

Treat

Drinks

Exercise

How I felt today





Wednesday

Breakfast

Snack

Lunch

Snack

Dinner

Treat

Drinks

Exercise

How I felt today





Thursday

Breakfast

Snack

Lunch

Snack

Dinner

Treat

Drinks

Exercise

How I felt today





Friday

Breakfast

Snack

Lunch

Snack

Dinner

Treat

Drinks

Exercise

How I felt today





Saturday

Breakfast

Snack

Lunch

Snack

Dinner

Treat

Drinks

Exercise

How I felt today





Sunday

Breakfast

Snack

Lunch

Snack

Dinner

Treat

Drinks

Exercise

How I felt today



The Flat Tummy Club Diet is published in May by Hodder. Here's a little description of what's included...

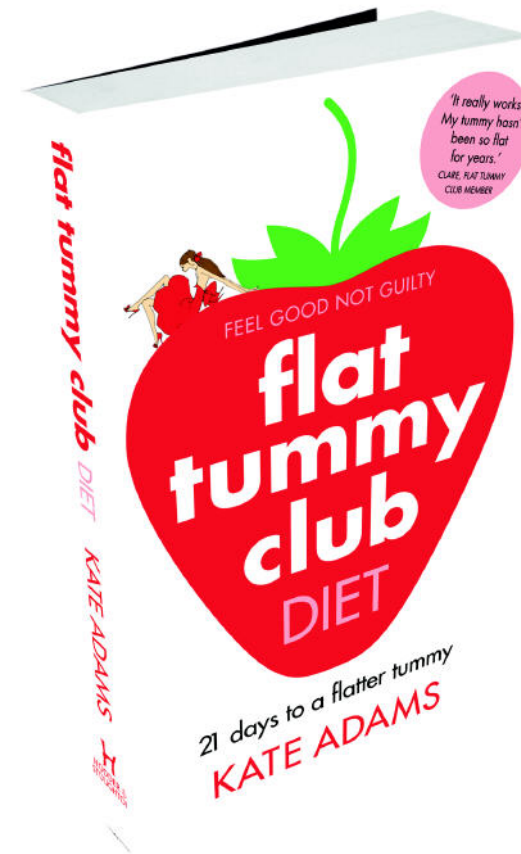
Depressed by her expanding waistline, Kate Adams set out to lose weight - and keep it off for good. Six months later and over two stone lighter she decided to share her experiences and set up the Flat Tummy Club.

1. Do the Flat Tummy Inquisition to work out where exactly your spare tyre comes from.
2. Beat the bloat and shed up to 7lbs in a week with the 7-day Jump Start.
3. Swap in the Top 20 Flat Tummy Foods to keep you on the straight and narrow-waisted.
4. Keep your flat tummy forever with tips to help you maintain your willpower when stress, holidays and work start getting in the way.

'In winter, you develop the art of layering and loose waistbands, but summer can be brutally exposing. Former health publishing director Kate Adams may have the answer...the Flat Tummy Club diet.'
Evening Standard

'The book proof arrived on Friday and I spent the whole day with it :-). I'm normally the type to say, "I'll get started on Monday" but I read through, made a shopping list and by lunchtime on Saturday I was cooking up a storm... breakfast muffins, fruit compote, veggie chilli, to name a few.'

Carol



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