

Canadian Weight-Loss Program

Slim Forever

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by the staff and members of
the Counterweight organization



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Slim Forever The Counterweight Program Cookbook

Harley Pasternak



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Losing weight now tastes delicious From the best selling author of *Baby Got Back In Her Pants* comes *The Forever Diet Cookbook* a collection of simple and delicious green light recipes that will help you reduce your waistline cholesterol and blood sugar without ever feeling like you're on a diet Your new biggest problem will be deciding where to start the Veggie Lover's Pizza Potato Sweet Potato Falafel Harvest Hummus or Chocolate Chip Cookie Dough Balls *The Forever Diet Cookbook* was designed for busy people who love to eat and prefer NOT to spend all day in the kitchen Instead of complicated recipes with ingredients you can't pronounce you'll find SIMPLE meals with fresh healthy foods to add to your rotation right away Be inspired to eat healthy again Feel confident that you can cook even if you can't cook It's a perfect cookbook for beginners for those wanting a diabetic and heart healthy cookbook a low fat diet cookbook or a gluten free vegan cookbook It's also whole food plant based and oil free But shhhh don't tell your friends that it's any of those things Just know that it's delicious simple and easily repeatable Your family will start wondering how you whipped up such amazing meals so quickly If you've ever been wanting to eat to be healthy to try going vegan or to detox from sugar then this is the cookbook for you It's a perfect companion for the gentle guidance you'll find in *Baby Got Back In Her Pants*

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