

**THE NEXT STEP IN THE LOVE HUNGER PLAN!**

# THE LOVE HUNGER ACTION PLAN

**A Dynamic Lifetime  
Weight-Loss and  
Maintenance Program**

**Dr. Sharon Sneed**

## ***The LOVE HUNGER Maintenance Plan***

- 150 action tips for food and weight management
- Special ways to reduce unwanted cellulite
- Special light fare suggestions for the traveler

## ***The New LOVE HUNGER Diet Plan***

- The new 25% fat diet (a secret of long-term weight loss)
- A list of "free" foods (eat all you want)
- Recipes for alternatives to the most common "trigger" or binge foods
- Answers to the most commonly asked weight-loss questions

## ***The LOVE HUNGER Activity/Energy/ Fitness Plan***

- A fully illustrated exercise program
- At-home muscle toning
- A 40-minute, at-home circuit training program

# Love Hunger Action Plan

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