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NISHI GROVER

**LOSE A
KILO
A WEEK**

The quick and effective way

Lose A Kilo A Week By Nishi Grover

G Thomas



Lose A Kilo A Week By Nishi Grover:

Lose a Kilo a Week Nishi Grover,2012-12-28 What do your best friend s wedding a beach holiday and the coming of summer have in common You got it It s the need to knock off those extra kilos and get into your hottest avatar And if you think that s an impossible task after all the fruitless diets you ve been on well you ve come to the right space Thirty years of experience under her belt and a clientele of 1500 Dilhiwallahs who swear by her later Nishi Grover has finally put out the bible for weight loss If this diet doesn t get you into your favourite pair of jeans in a month nothing else can Simple logical and result oriented Lose a Kilo a Week follows a few key mantras time portion quality and mind control which will get you ship shape in no time Packed with handy tips diets and charts that track your weight loss over the weeks this is the definitive guide on losing weight quickly Har Haftey Ghataiye Ek Kilo Vajan Nishi Grover,2013-11-15 What do your best friend s wedding a beach holiday and the coming of summer have in common You got it It s the need to knock off those extra kilos and get into your hottest avatar And if you think that s an impossible task after all the fruitless diets you ve been on well you ve come to the right space Thirty years of experience under her belt and a clientele of 1500 Dilhiwallahs who swear by her later Nishi Grover has finally put out the bible for weight loss If this diet doesn t get you into your favourite pair of jeans in a month nothing else can Simple logical and result oriented Lose a Kilo a Week follows a few key mantras time portion quality and mind control which will get you ship shape in no time Packed with handy tips diets and charts that track your weight loss over the weeks this is the definitive guide on losing weight quickly The Bridal Diet Nishi Grover,2015-08-22 Are you a Bride to be Do you want to get into fabulous shape before your wedding As weddings in the country grow more and more glamorous each year brides face immense pressure to look their best on D Day But in the days leading up to the wedding most brides get into a frenzy to shed the kilos fast making them resort to heavy gym sessions and crash diets which ultimately leaves them with little time for anything else What if there was a way to shed the kilos without feeling stressed deprived or having sleepless nights over whether you ll fit into your dress on time From Delhi s top dietician and the bestselling author of Lose a Kilo a Week comes another weight loss book that will outline a diet programme aimed at brides to be so that the days leading up to their wedding can be stress free And even if you aren t getting hitched you can still use this book to get in shape and get fit From exclusive diet plans workouts recipes strategies to avoid temptation motivators and much more The Bridal Diet contains everything you need to look and feel your best

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