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NISHI GROVER

**LOSE A
KILO
A WEEK**

The quick and effective way

Lose A Kilo A Week By Nishi Grover

M Tight



Lose A Kilo A Week By Nishi Grover:

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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

Lose A Kilo A Week By Nishi Grover Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Lose A Kilo A Week By Nishi Grover**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Lose A Kilo A Week By Nishi Grover Introduction

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