



5 Square Low-Carb Meals: The 20-Day Makeover Plan with Delicious Recipes for Fast, Healthy Weight Loss and High Energy

Monica Lynn

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"Eat more, eat clean" for fast, healthy weight loss and high energy!

Have you been looking for a healthy way to eat, without all the hassle of counting calories, calculating percentages, cutting out the foods you love, or regaining the weight? If so, Monica Lynn, founder and CEO of 5 squares#153;, offers the perfect plan to change how you eat -- and to change your life. 5 squares delivers five healthy, balanced meals -- or "squares" -- to clients each day. Now, you too can make the meals that have helped thousands of happy customers -- including members of the Yankees, Mets, and Rangers -- lose weight and increase their energy. Lynn's philosophy is simple: "Eat more, eat clean, and plan ahead." Eating five satisfying but smaller meals a day helps to keep your metabolism running smoothly and continuously, rather than shocking your system with a load of calories from larger meals. Developed especially for your kitchen and based on tried-and-true nutritional information, *5 Square Low-Carb Meals* eliminates "empty calorie" foods that contain wheat and sugar in favor of those that help build lean muscle mass. The result: Your extra pounds will drop off safely and easily, and your energy will increase by leaps and bounds!

In *5 Square Low-Carb Meals*, Lynn takes the guesswork out of healthful eating with twenty days' worth of easy-to-use recipes packed with flavor. Divided into five parts -- one for each "square" or meal -- the book provides a host of delicious options for your breakfast, mid-morning snack, lunch, mid-afternoon snack, and dinner. The combination of carbs, fat, and protein has already been calculated to create a healthy balance, so you can use the sample menus provided, or simply mix and match your own daily five squares according to the recipes and foods you like best.

Lynn also provides food diaries for charting your progress; information on how to create your own balanced recipes; and tips on dining out while on the plan, setting exercise goals, and staying on track long after you#146;ve completed the first twenty days.

Looking and feeling great are within your reach. *5 Square Low-Carb Meals* gives you all the tools you need to change your lifestyle for the better, for good.

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Adam Blandford:

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