



# Thick to Fit: How I Lost Weight in 21 Days And You Can Too!

*Kimberly Thompson*

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**Thick to Fit: How I Lost Weight in 21 Days And You Can Too!** Kimberly Thompson

Thick to Fit is a 21 day NO CALORIE COUNTING, NO DETOX, AND NO STARVATION weight loss formula. This book is for all the women out there who are struggling to lose weight, and just want to look and feel better in their clothes. After years of putting countless hours in at the gym and seeing minimum results, I figured there had to be a better way to lose weight. After many starvation diets where I lost the weight only to have it reappear as soon as I put one morsel of food in my mouth, I literally gave up. This book will explain that losing weight doesn't have to be time consuming or hard. I will share with you my own personal story on how I created the "Thick to Fit Weight Loss Formula" that allowed me to lose weight in just 21 days and you can too! ALSO includes my exclusive 21 Day Meal Plan.

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