

Thank you for your interest in the...

28 DAY SHRED

The 28 Day Shred Plan gives you flexibility in eating. No shake diets. No cutting out carbs. Just real eating.

The plan focuses on a calorie-deficit – lowering calories to help instigate weight loss. However, this plan isn't just for those who want to lose a few pounds. By giving you new recipes, letting you see first-hand the portions of meals you should be eating and introducing you to a healthy way of losing weight, this plan offers something for everyone.

HOW TO BUY...

The plan is £30. You will get emailed the plan once payment has been transferred (please see bank details below). The plan is PDF Format, so you can keep it on your phone/laptop, or print it out. For £30, you will not be disappointed at the variety of meals and the results you can achieve if you stick to it.

Chynna Wilson

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Please email circlifestylefitness@gmail.com once you have made payment, so the plan can be emailed to that email address.

THANK YOU