

A woman with long, wavy brown hair is smiling and posing. She is wearing a black, sleeveless, form-fitting dress and black high-heeled shoes. Her hands are raised to her head, and she is looking towards the camera. The background is a plain, light color.

*The
Little Black Dress
Challenge
Workbook*

A woman with long, wavy brown hair, wearing a black sleeveless dress and black high-heeled shoes, is posing with her arms raised and one leg lifted. She is smiling and looking towards the camera. The background is a plain, light color.

Welcome!

Whether you are here to slide into a **Little Black Dress**, into your **Favorite Jeans** or simply **AVOID** the average **10 pound weight gain** through the Holiday season -- you are in the **RIGHT PLACE!**

I will help you to devise a plan, with tried an true method that I have used through the years to avoid regaining weight in the Holidays. Along with tips, tricks and ideas, you will receive Recipes and Substitutions for your favorite holiday foods.

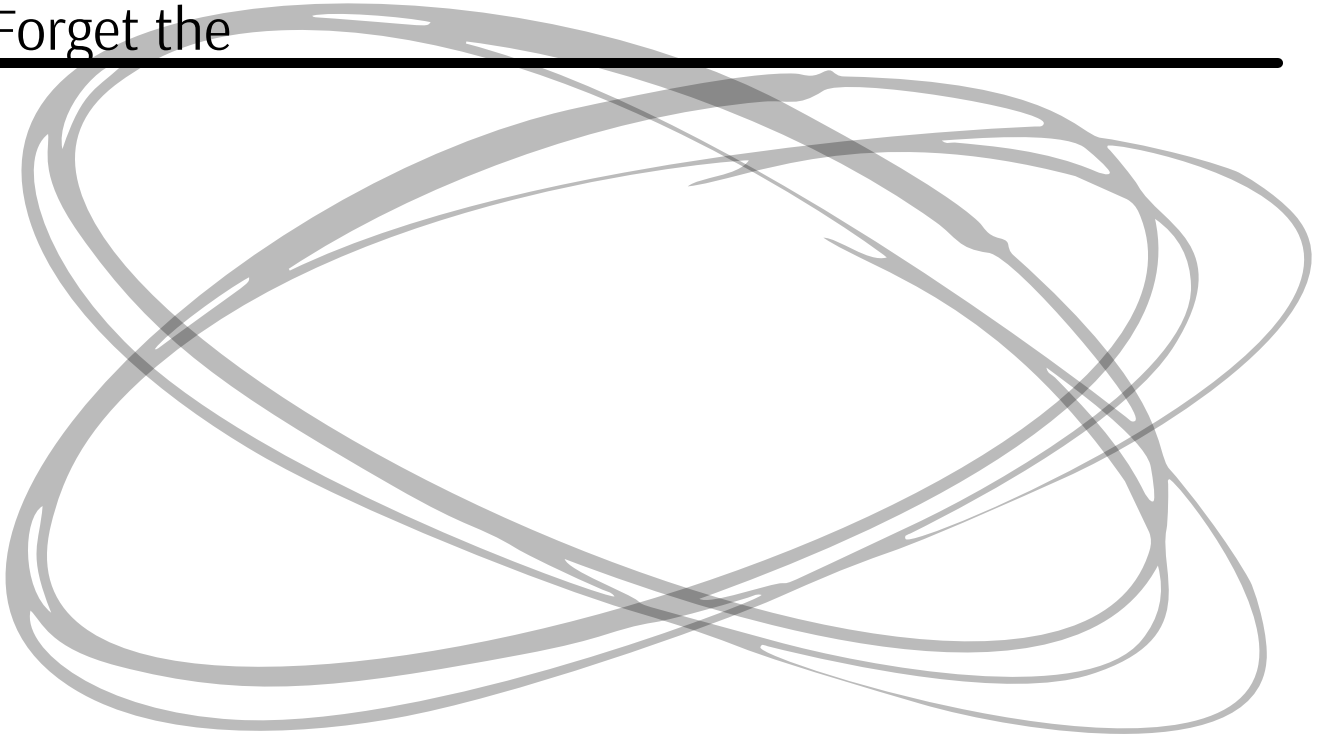
Stick with us to the end and you will receive a special Recipe PDF and a even **MORE Special Bonus Offer!**

The 3 Things to Avoid:

Ditch the

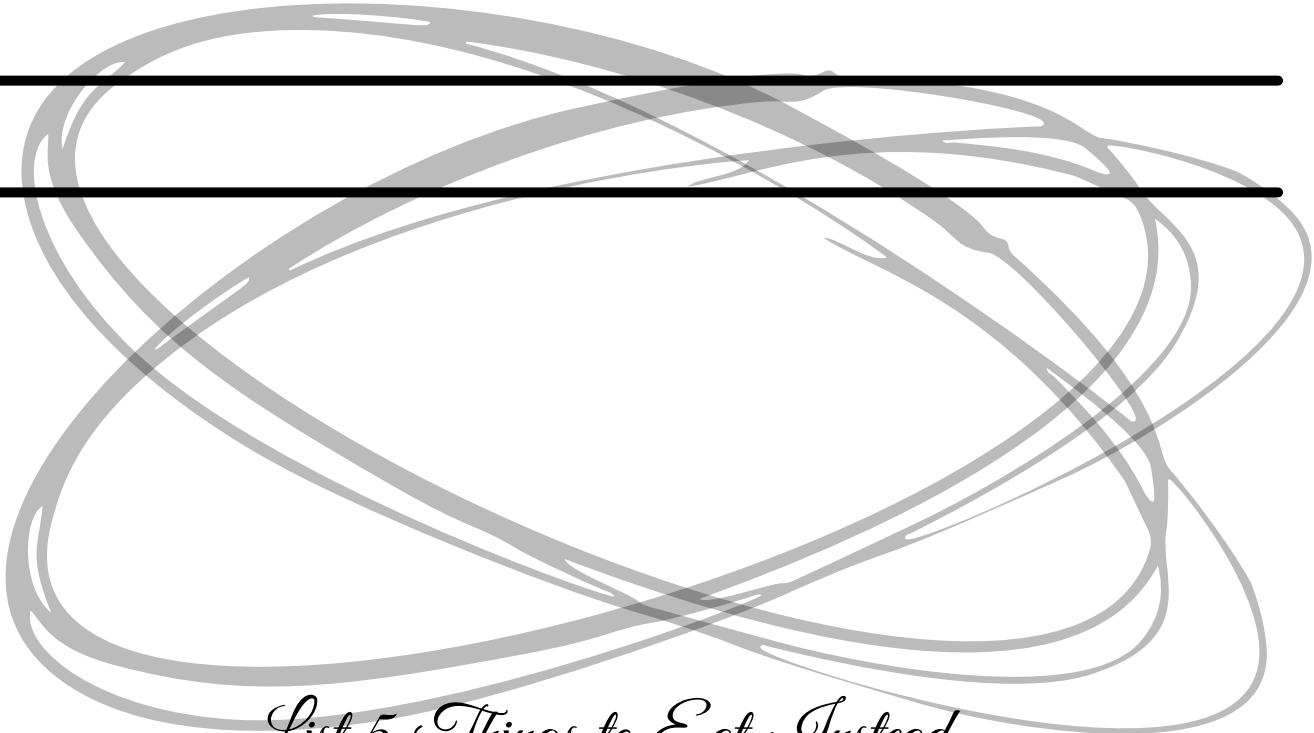
Skip the

Forget the



The 4 Things to Eat!

List 5 Ways to Curb Sweet Cravings:



List 5 Things to Eat Instead:

List 5 Fats to Avoid:

List 5 Healthy Fats:



My Next Steps:
