



Dollar Store Diet: Complete guide to weight loss

John P Latham

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Dollar Store Diet: Complete guide to weight loss

John P Latham

How to put it all together to work for your quick fat loss. Customize your plan.

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"I bought my first fitness training certification at the age of 16. I flipped burgers at my local fast food "restaurant" hang out. Saved up enough of the money to buy my certification. By the time I was 19 years old I was a certified fitness trainer. I scored in the top 5% of my test. I was also working in a fitness center" JP

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