



# You Are What You Eat: The Plan that Will Change Your Life

*Gillian McKeith*

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# You Are What You Eat: The Plan that Will Change Your Life

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**You Are What You Eat: The Plan that Will Change Your Life** Gillian McKeith

"Slimmer, healthier, and happier . . . that's my promise to you."

—Dr. Gillian McKeith

In this record-breaking international bestseller, Dr. Gillian McKeith, "the world's most acclaimed nutritionist" (*Daily Mail*, UK), offers a simple yet revolutionary plan to break bad eating habits and improve your health and appearance in no time.

Dr. Gillian McKeith is known the world over for her ability to turn around even the very worst eaters, and set dieters on the path of living healthier, happier, and slimmer lives. Discover her fabulous diet secrets and get ready to meet the new you.

- o Take the food IQ test and find out what your diet is doing to you.
- o Banish your cravings.
- o Discover how small changes are going to make a big difference
- o Eat *more*, not less

Follow Dr. McKeith's simple advice and seven-day jumpstart plan and you'll look and feel fantastic. You'll be amazed at the difference a few changes can make, and how easy it can be.

Just give it a try and see...

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