



# THE *Fast* PLAN

THE FAST RESCUE FROM  
EXTRA HOLIDAY POUNDS!

INCLUDES

1 WEEK

SUPPLY OF FOOD TO INCREASE

WEIGHT LOSS IN 7 DAYS!

Save 20%!

CHOOSE FROM YUMMY PROTEIN RICH  
SHAKES, BARS, SOUPS, OATMEAL,  
PANCAKES, PASTA, DRINKS, ETC.

AVERAGE WEIGHT LOSS WITH  
THE FAST PLAN VARIES FROM

AVERAGE COST OF THE WEEK IS \$80

{ THAT'S LESS THAN \$2 PER MEAL/SNACK. }

3-8 POUNDS!