



The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too!

Maria Menounos

Download now

[Click here](#) if your download doesn't start automatically

The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too!

Maria Menounos

The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too!

Maria Menounos

NEW YORK TIMES BESTSELLER

From Maria Menounos, self-proclaimed EveryGirl and host of *Extra*, comes a lasting weight-loss program based on the Mediterranean diet of her childhood that will encourage women to think “smarter, simpler, healthier”—a personal mantra that helped the star lose (and keep off!) forty pounds.

TV host and journalist Maria Menounos was once more than forty pounds overweight, low on energy, and often sick. Desperate for a change, she tried a wide array of diet and exercise fads—with zero success. Like most EveryGirl out there, Maria lacked the time, money, energy, and willpower to get in shape.

Determined to overcome those obstacles, Maria spent a year developing commonsense diet, exercise, and lifestyle techniques that transcended traditional nutrition and weight-loss plans. As a result, she lost the extra pounds, regained her energy and health—and saw her career take off. Now, applying those techniques and bolstered by the wisdom, insight, and secrets of some of the world’s leading health and fitness experts—as well as the glamorous, superfit superstars she interviews regularly—Maria has created the ultimate no-time, no-money, no-willpower guide to losing weight, getting fit, and gaining long-term health and success: *The EveryGirl’s Guide to Diet and Fitness*.

Inside, you’ll discover all of Maria’s secrets:

- her 9-step plan for losing weight fast
- her lifelong plan for health and well-being
- a complete blueprint for rebuilding your physical and emotional foundation
- healthy, delicious, and easy-to-prepare recipes
- the quickest, easiest, most effective workouts (no gym or trainer required!)
- 1,000+ tips, tricks, and techniques for losing weight, getting fit, and staying that way
- how to do it all when time and money are in short supply

The EveryGirl’s Guide to Diet and Fitness is simply the most complete, effective, and convenient manual for all the EveryGirls out there who lack the time, money, or willpower to change. It’s not merely a weight-loss book. It’s a guide to help you get fit, feel healthy, be productive, and embark on a longer, happier, healthier life!

Praise for *The EveryGirl’s Guide to Diet and Fitness*

“With so many diets and fitness trends out there, sometimes the most obvious route to wellness is good, old-fashioned common sense. . . . Maria Menounos lost forty pounds on a ‘common-sense’ diet, exercise and lifestyle regime she created that doesn’t require a lot of money and time.”—*StyleBistro*

“When you look at Maria you want what she’s having. This book tells you how to get it.”—**Suzanne Somers**

“I love Maria’s approach to health and fitness. Her tips are easy to follow and she proves you don’t have to avoid some of your favorite foods in order to be fit. I recommend this book to anyone trying to get a jumpstart on a healthy lifestyle!”—**Serena Williams**

“For the multitasking busy girl, Maria proves by example that it can be done! Maria is very inspiring.”—**Kim Kardashian**

“It’s not about being skinny. Maria shows you how to live a happy and healthy life—and still indulge. This book finds new ways to help you stay inspired and gives you techniques that will change your life and get you in shape.”—**Khloé Kardashian**

 [Download The EveryGirl's Guide to Diet and Fitness: How I L ...pdf](#)

 [Read Online The EveryGirl's Guide to Diet and Fitness: How I ...pdf](#)

Download and Read Free Online The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! Maria Menounos

From reader reviews:

Dorothy Shuler:

Book will be written, printed, or created for everything. You can learn everything you want by a book. Book has a different type. As it is known to us that book is important thing to bring us around the world. Close to that you can your reading talent was fluently. A book The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! will make you to possibly be smarter. You can feel considerably more confidence if you can know about every thing. But some of you think in which open or reading some sort of book make you bored. It is not necessarily make you fun. Why they might be thought like that? Have you in search of best book or ideal book with you?

Marisa Reber:

Here thing why this particular The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! are different and reliable to be yours. First of all studying a book is good nonetheless it depends in the content of it which is the content is as yummy as food or not. The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! giving you information deeper as different ways, you can find any e-book out there but there is no reserve that similar with The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too!. It gives you thrill reading through journey, its open up your current eyes about the thing which happened in the world which is might be can be happened around you. You can actually bring everywhere like in recreation area, café, or even in your technique home by train. Should you be having difficulties in bringing the imprinted book maybe the form of The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! in e-book can be your choice.

Eli Benton:

This The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! is great e-book for you because the content which can be full of information for you who all always deal with world and still have to make decision every minute. That book reveal it data accurately using great coordinate word or we can say no rambling sentences within it. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only provides straight forward sentences but difficult core information with beautiful delivering sentences. Having The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! in your hand like getting the world in your arm, facts in it is not ridiculous just one. We can say that no publication that offer you world in ten or fifteen second right but this reserve already do that. So , this can be good reading book. Hey Mr. and Mrs. hectic do you still doubt that will?

Vickie Flores:

A lot of guide has printed but it differs. You can get it by online on social media. You can choose the most

beneficial book for you, science, comic, novel, or whatever through searching from it. It is referred to as of book The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too!. You can add your knowledge by it. Without making the printed book, it could possibly add your knowledge and make a person happier to read. It is most significant that, you must aware about reserve. It can bring you from one spot to other place.

Download and Read Online The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! Maria Menounos #TR9SC4ODUM2

Read The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! by Maria Menounos for online ebook

The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! by Maria Menounos Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! by Maria Menounos books to read online.

Online The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! by Maria Menounos ebook PDF download

The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! by Maria Menounos Doc

The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! by Maria Menounos Mobipocket

The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too! by Maria Menounos EPub