



I Can Make You Hot!: The Supermodel Diet (Paperback)

By Kelly Killoren Bensimon

St Martin s Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Kelly Killoren Bensimon has done it all when it comes to nutrition and her body: eaten too little as a model, gobbled too much of the wrong things in her twenties, and fed her body just right but not-quite-satisfyingly when she was pregnant. On the eve of turning 40, Kelly knew she had to figure it out fast: how and what to eat to keep her body beautiful. An enthusiastic outdoorswoman and involved mom, Kelly discovered that eating--really eating--is the key. I Can Make You Hot! collects the diet and nutrition secrets she researched and tested and still uses herself, including: --how to train yourself to never (never!) skip a meal --load up on food, real food (not bars, powders, or fake stuff) --Kelly s 7 Day Diet for maximum power at your peak energy-draining times --don t be afraid of a giant carb-y lunch --how to lose 3 to 5 pounds fast but smart --how to satisfy your cravings without sabotaging a strong, healthy body --why you should learn to love foods you ve been brainwashed into fearing (such...

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