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For over 25 years Dr. Cliff Sheats has coached thousands of men and women on how to live a Lean Bodies lifestyle. Cliff uses the most advanced nutritional biochemistry techniques to help you achieve your health goals.

## **Lean Bodies**

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'This Girl Can' Reminds Women That Healthy Bodies And 'Perfect' Bodies Are Not The Same Thing

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The author of The Lean Bodies Cookbook puts an end once and for all to the insanity of low-calorie and starvation diets--with a scientifically-proven, healthy eating program on which anyone can eat up to 3,500 calories a day and still lose weight.

## **Cliff Sheats' Lean Bodies: The Revolutionary New Approach**

In the first few weeks of the Cliff Sheats's™ Lean Bodies for Life Program limit your servings to one serving per week. However, Springerhill Ranch Brand 98% Lean Ground Beef and Tenderloin Steaks are great anytime.

## **Cliff Sheats Teaches You How to Eat**

Your progress is monitored every 2-4 weeks checking your weight, body mass index, body fat and body measurements. We also tailor an exercise program to the individual taking into consideration what they

physically can and can't do. We can help turn your body into a lean mean fat burning machine.

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### **Cliff Sheats Coaches You in his 60 Days Quick Start Weight**

Dr. Cliff Sheats is a nationally known Board Certified Clinical Nutritionist and a world-renowned authority on weight loss. He is the author of the New York Times' Top 10 Best Seller, Lean Bodies. His Lean Bodies series, including the Lean Bodies Cookbook, Lean Bodies Total Fitness, 30 Days to Swimsuit Lean and his latest book Lean Bodies Life have sold over 200,000 copies.

### **Cliff Sheats | Facebook**

Sheats' revolutionary diet program showed individuals how to build up their metabolisms to lower body fat and improve their health. This companion cookbook contains 350 recipes, precise nutritional analysis, conversion chart, a complete list of Lean Bodies pantry basics, and more, to help readers continue to live the Lean Bodies way.

### **Cliff Sheats' Lean Bodies Cookbook book by Cliff Sheats**

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