

## THE 6 WEEK BODY MAKEOVER

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[Meal Plans for a 6 Week Body Makeover | Livestrong.com](#)

If you want to lose weight fast, the 6 Week Body Makeover Diet is one option that aims to peel off pounds and sculpt the body within six weeks. The diet and exercise plan was created by Michael Thurmond, fitness expert from the television show "Extreme Makeover." The program includes a questionnaire to identify your metabolism type and categorize it as A, B, C or D, and offers a meal plan, based on your category.

#### 6 Week Body Makeover Type A

This is a basic introduction to the diet I am doing for this 100 Day Challenge.

#### The Six Week Body Makeover Surrendered Hearts Ministries

The Six Week Body Makeover, Michael Thurmond claims that his Six Week Body Makeover diet can help you lose up to thirty pounds in six week. He base his claim on the theory that every body is different and that you have to follow a certain diet for you specific body type.

#### Six Week Body Makeover - Body Type C Meal Plan

The 6 Week Body Makeover meal plan is about customization. The more you customize your meal plan, the less bored you will be with your diet. The less bored you are with your diet, the more likely you will stick to the meal plan and lose weight.

#### 6 Week Body Makeover Diet Review -

[ConsumersCompare.org](#)

The 6 Week Body Makeover Diet Program came to market in 2006, and is the brainchild of Michael Thurmond who you might know if you are a fan of the television series Extreme Makeover.

#### Recipes for the 6 Week Body Makeover Weight Loss Program

Product Name: Recipes for the 6 Week Body Makeover Weight Loss Program. Click here to get Recipes for the 6 Week Body Makeover Weight Loss Program at discounted price while it's still available.

#### Foods Eaten by Endomorphs or Body Type A on the 6 Week ...

The "Six Week Body Makeover" claims that endomorphs should avoid red meats and eat egg whites, lean chicken and turkey and fish to lose weight rapidly. This program claims that eating red meat will slow your metabolism down since it takes longer to metabolize than other proteins. Lean chicken, turkey and fish metabolize quickly and help accelerate your metabolism for weight loss.

#### 6 Week Body Makeover Program?? - gardenweb.com

I, too, purchased the 6-week body makeover about 3 years ago, but I mistakenly categorized myself as a B instead of a C body type. I wasn't losing anything and gave up! Then this summer, I redid the questionnaire and realized I was a C body type. I lost about 35 lbs. in 10 weeks. What I really loved was that I was only required to walk, but as I started to lose, I wanted to jog a bit and swim.

#### **6weekbody - Body Makeover**

Looking for the 6 WEEK BODY MAKEOVER? We have replaced it with the faster, easier and more effective FOOD LOVERS FAT LOSS SYSTEM. The Food Lovers Fat Loss System is the next generation of weight loss.

#### **Six week body makeover - Diet.com**

Definition. The Six Week Body Makeover is designed for rapid weight loss over a relatively short period of time. It promises that dieters can lose thirty pounds and completely reshape their body in only six weeks by following a plan of dieting and exercise designed to boost metabolism.

#### **Amazon.com: Michael Thurmond's Six Week Body Makeover**

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