

# THE 30 DAY EAT LESS CHALLENGE

## THE RULE EAT ONLY THREE MEALS EACH DAY WITH NO SNACKS.

The secret to losing weight is not a secret. You do not need to read books and count calories or carbs or points. There is no need for an app on your smartphone. Here's the nitty gritty on losing weight: eat less!



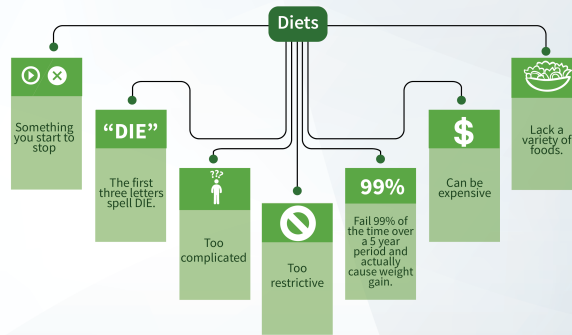
You will be amazed at the weight you will lose in 30 days if you simply follow **The Rule: eat only three meals a day with no snacks.**

### HERE'S WHY YOU SHOULD JOIN THE CHALLENGE:

#### Lose the extra weight



### STOP DIETING BECAUSE DIETS DON'T WORK



### SUGGESTIONS ON LOSING WEIGHT WITH THE RULE:

