



The FAB Diet

Rosemary Conley

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When Rosemary Conley appeared on *Dancing on Ice* at the age of 65 looking younger and fitter than many of the contestants, she proved that her diet and exercise programs really work. She is an inspiration to thousands of people and her diets are effective, simple, and easy to follow. Based on everyday healthy food, the FAB Diet is so versatile it caters for all tastes and lifestyles. Select from the "High Protein" or the "Carb-based" menu plans, or go for the "Vegetarian" choice. There are also menus incorporating ready meals and/or desserts. You choose. And to make your selection even easier, they are all color-coded so you can see at a glance which you want.

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