



The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days!

Connie Guttersen

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The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days! Connie Guttersen

Top 10 Sonoma Diet Power Foods for weight loss and health.

Portion sizes made easy with The Sonoma Diet Plate and Bowl guidelines.

Detailed meal plans for surefire weight loss success.

Smart Food Combinations that make each food even healthier.

The science behind the diet—learn why it works!

Mouthwatering recipes, rich in flavor and nutrition.

Bonus: Diet guide pullout to make following the diet a breeze when on the go.

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