

REMARKABLE RESULTS
IN 30 DAYS

The 30 DAY WEIGHT LOSS *Framework* by April Laugh



Personal lessons, meal plans,
and workout guides that will
help your body and mind focus
on your weight loss journey.

Easy-to-follow
plan to help you
lose up to 10
pounds in 30 days
and keep it off!

Weight Loss Framework

Michael Seilmaier



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