

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

**S Ashworth**



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