

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

**Tao Wei**



## **Weight Loss Framework:**

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