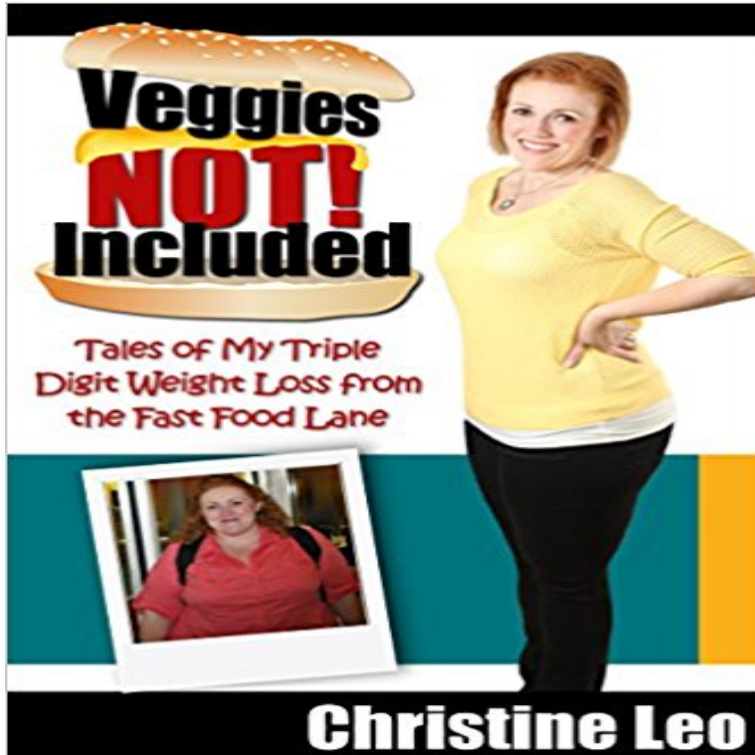


## Veggies Not Included: Tales of My Triple Digit Weight Loss from the Fast Food Lane



Veggies Not Included is the humorous and emotionally raw recounting of one woman's weight loss journey from fed-up to freedom. Christine Leo lost 130 pounds following a wakeup call that included a gyno trip from hell, a bridal boutique snub and a Jumbotron screen. Instead of following the diet paths most frequently traveled, she lost 7 pant sizes by counting calories in her favorite types of fast food (cheeseburgers, burritos, ice cream, cookies, and the like). She has kept the weight off for nearly five years and did it all without ever donning the dieting superhero cape most do. Readers looking for a down-to-earth weight loss perspective and a glimpse of the life after the new body euphoria has worn off will appreciate Veggies Not Included.

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