



Exceed the Feed Limit Without Getting Caught: Out of the Fat Lane into a Healthier Life Without Diets or Deprivation

Vicki Park

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From 315 pounds to model thin--without dieting! Vicki Park shares quick and easy low-fat recipes for 200 family favorites that let her lose 180 pounds. She has been able to maintain that loss for more than seven years, while also helping her husband and daughter drop an additional 170 pounds. The book includes lots of tips and motivating anecdotes. "Exceed the Feed Limit!" will soon become a television movie under the Francey Productions banner.

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