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# Joy Fit Club: Cookbook, Diet Plan & Inspiration

*Joy Bauer*

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# Joy Fit Club: Cookbook, Diet Plan & Inspiration

*Joy Bauer*

**Joy Fit Club: Cookbook, Diet Plan & Inspiration** Joy Bauer
**A new book from Joy Bauer based on her wildly popular "Joy Fit Club" segments on the "Today" show**

Joy Bauer, the long-time on-air diet and nutrition expert for the "Today" show, regularly tells the personal stories of people who have lost 100 pounds or more using her weight-loss plan. Joy's diet plan not only works, it *really* works. Now, you can take the Joy Fit challenge and use these delicious, bountiful recipes and meal plans at home to start losing weight today. *The Joy Fit Club* is the one tool you'll need to succeed! Featuring more than 75 recipes, detailed meal plans, and motivational before-and-after photographs of real people, anyone who loves the Joy Fit Club and these inspiring stories of personal triumph will love this book.

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