

Get Slim With Your Man Before The Holidays With BistroMD's 17 Day Diet Meal Delivery & Contest



The **17** Day Diet

MEAL PLAN BY  bistroMD

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By Priyanka Singh

The holiday season is just around the corner, and it's almost time to bring your family and friends together for all of the festivities. If you're looking to put your best foot forward and unwrap a slimmer you before you sit down for Thanksgiving dinner, then bistroMD's 17 Day Diet Meal Delivery is just the thing for you! Not only will you impress your loved ones, but you'll be the ultimate arm candy for your man after shedding those pesky pounds with this diet program.

Preparing meals will no longer be a hassle since this 17 Day Diet is delivered to you without the fuss of cooking, cleaning, and shopping for ingredients. You get seven breakfasts, seven lunches and seven dinners delivered right to your home for only \$184.90 per week. That means, less time in the kitchen and more time to celebrate with your significant other or mingle with some Christmas cuties.

Sometimes, starting a new diet plan is better when you have a partner to join you, so get your man involved and participate in the 17 Day Diet together. With delicious meals like creamy mushroom omelets, Mediterranean chicken, and even a nice festive roasted turkey breast meal with gravy, you'll both be full, happy, and healthy.

The 17 Day Diet not only helps you lose weight fast, but it ensures that you keep it off as well! The diet utilizes a process called "metabolic confusion" that provides variations in the meals and enables you to shed pounds on a daily basis. Not only are the meals consistent to the diet plan, but they're also hand-prepared by chefs and can be customized to accommodate your specific dietary restrictions. These meals also do not contain artificial sweeteners, MSG, or trans-fat, so you can feel good about what you're eating *and* how you look.

Want to win a month's worth of the 17 Day Diet Meal Plan? Enter bistroMD's "Tweet to Lose" contest and you could win breakfast, lunch and dinner for four weeks, delivered straight to your doorstep and valued at \$739. Two other winners will also have a chance to win the [17 Day Diet by bistroMD](#) for one week, valued at \$184.90. Sign up for the contest between Friday, November 1st and Tuesday, November 12th!

If you don't win, you can still get FREE SHIPPING of the 17 Day Diet Delivery FOR LIFE! For more information, follow bistroMD on Twitter and Like them on Facebook. Happy eating!

*Weight loss of 1-2 pounds per week is typical. Some individuals may lose more or less, based on individual traits.

The “Choose Health Challenge” Sponsored By BistroMD



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By Lauren Kochendarfer

Today, many of us are living busy chaotic lives and don't have time to eat right. Instead we reach for fast food, vending machines and items that are convenient. These unhealthy diet choices not only hurt us physically, they can wreak havoc on our emotional well-being and self-esteem. Even worse, it can cause unwanted weight gain and impact your dating and social life. As if that isn't reason enough to stop! Now, delivery meal system, BistroMD has come up with a contest, "Choose Health Challenge," that asks people to make one simple change towards a lifetime of healthy choices.

As soon as I heard about this, I jumped on board! Change one thing. Eat healthy. Maybe win a prize?

It's always been so much easier for me to stop at a fast food drive thru after work than prepare a healthy meal once I'm home. When I heard about the BistroMD "Choose Health Challenge" I decided to make one small change to my diet by eating one healthy meal a day – at dinner. I am participating in this challenge with my boyfriend and we have vowed to prepare and sit down together each evening with a healthy

well-balanced meal. This has not only improved my life emotionally and romantically, but I lost weight as well! It may be only one small change, but it can lead to a lifetime of healthy choices. For example, even if I've eaten something "bad" earlier in the day, ending with a healthy dinner can be motivation to start the next day right!

Now you too can participate in this "Choose Health Challenge" by visiting [Facebook](#) and telling BistroMD how you will challenge yourself to start living healthy. This is a chance to win great prizes like a week of healthy weight loss meals, an iPad2, or even a \$500 shopping spree or cash!

BistroMD hand-prepares well balanced meals by their chefs and uses quality, natural ingredients without hormones, added fillers and unnecessary additives or preservatives. This means no MSG, no Trans Fats, just delicious meals that are good for you. Five days of meals start as low as \$129.95 a week.

Want to commit to a lighter and healthier you? [BistroMD.com](#) is offering FREE Shipping on your first week of meals. Simply Use Discount Code: ChooseHealth at checkout.