

Eating Fast Food For Fun and Weight Loss

AN EXCERPT FROM

**T H E W E I G H T L O S S
H A B I T :**

THE NO BS, NO GIMMICK, (SORT OF) EASY WAY TO LOSE
WEIGHT AND KEEP IT OFF FOREVER



S T E V E N R A Y M A R K S

Eating Fast Food for Fun and Weight Loss

By Steven Ray Marks

An excerpt from the upcoming book
***The Weight Loss Habit: The No BS, No
Gimmick (Sort of) Easy Way to Lose
Weight and Keep it Off Forever***

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Introduction

I grew up fat. This was due to a combination of a lousy metabolism, undiagnosed depression that I self-medicated through eating my feelings, and terrible eating habits. I tried many diets and attempts to exercise the weight away, all of which were miserable failures.

Then, in my early twenties, I stumbled upon the *right* way to go about losing weight. Over a period of eight months, I lost sixty pounds. That was twenty years ago, and unlike most dieters, I've kept the weight off since then.

Here's the thing about the strategy I was using: I didn't have to suffer. It didn't take enormous amounts of willpower. I didn't have to deprive myself of the foods I loved. And while I wouldn't say it was the easiest thing in the world, it wasn't particularly hard.

How I did this, and how you can replicate my success, is the subject of my upcoming book, *The Weight Loss Habit: The No Gimmick, No BS, (Sort of) Easy Way to Lose Weight and Keep It Off Forever*.

One thing I discovered is that unlike with most traditional diets, with my strategy it is perfectly fine to eat fast food, as long as you do it in the right way. This eBook contains the chapter from *The Weight Loss Habit* explaining how to do this. It also contains the appendix listing what foods are safe for someone trying to lose weight to eat at the top fast food chains in America.

If you find this useful, enjoyable, or interesting, please follow my blog at selfhelpingyourself.com and sign up for my newsletter at selfhelpingyourself.com/subscribe so you can be alerted when the full book is released. Please also follow me and the blog on Twitter at [@stevenraymarks](https://twitter.com/stevenraymarks) and

[@yourselfhelping](#), and like and follow the Facebook page facebook.com/selfhelpingyourself.

Thank you for taking the time to read this, and I hope that it leads to you living a healthier and happier life.

Eating Fast Food for Fun and Weight Loss

Fast food is the bogeyman of the health industry. From films like *Supersize Me* and books like *Fast Food Nation*, it's often blamed for the obesity epidemic. It's the shorthand and example of people eating terribly just because it's convenient.

Obviously, if you're regularly downing 1,200 calorie monster burgers along with 600 calorie large fries and an extra-large 350 calorie sugary soda, then topping it off with a 1,200 calorie milkshake, that's not doing your health any favors.

All the people tut-tutting about fast food act like anyone who goes to McDonalds is a complete idiot. But there are excellent reasons to eat fast food. As its name implies, it's fast. And convenient. If you're a busy mother rushing to get your kids from school to practice to a recital to home before heading in to work at your second job, you don't have time to make a home-cooked meal.

Plus, it tastes good.

Fortunately, there are healthy ways to eat fast food. You can enjoy the convenience and flavor without consuming 3,000+ calories a meal.

First of all, get a diet soda instead of a sugary soda. That saves you a bunch of calories for free.

Next, skip the milkshakes and french fries. Yes, I know these can be delicious. But you can't expect to make fast food healthy without a bit of sacrifice.

Instead of fries, get a side-salad, which most fast food burger places will let you substitute into your meal at no extra cost. Be careful with the dressing for the salad. A lot of salad dressing is shockingly high in calories. (The full *Weight Loss Habit* book has an entire chapter about high-calorie “healthy” foods.) They typically give you the same size dressing packets for the side salad as for the large salads, so try to only use a small portion of the dressing they give you.

Most fast food places have smaller burgers/items, so get one of those. They taste the same as the large marquee items – there’s just less of them. So you get to enjoy the taste and convenience with fewer calories. (And as a bonus, you’ll save money.)

Most fast food places also have meal salads. But make sure to get these with grilled chicken rather than crispy chicken. And again, be careful about the dressing.

If you live somewhere that requires fast food places to post their calorie contents on the menu, finding low calorie options is easy. If not, take a few minutes to go to your favorite chain’s website and look at the nutritional information to pick some out.

To make things more convenient for you, I found some options at major fast food chains that are under 600 calories.

Fast Food Options Under 600 Calories

This section lists meal options that you can find that are under 600 calories, at the top 20 fast food restaurants in America, excluding coffee and donut chains. I relied on the nutritional information available on each of the restaurants websites to compile this data. As restaurants often change their offerings and ingredients, actual calorie counts may have changed between when I compiled them and when you read them.

Arby's

Note that the sandwiches here are listed without sauce. Arby Sauce adds 15 calories, and Horsey Sauce adds 60 calories.

Most Arby's breakfast items that aren't "Double" or on a "Platter" are under 600 calories.

Item	Calories
Classic Beef 'n Cheddar	450
Classic French Dip and Swiss Au Jus	540
Classic Roast Beef	360
Double Roast Beef	510
Roast Turkey & Swiss Wrap	520
Grand Turkey Club	480

Chopped Farmhouse Salad – Crispy Chicken	430
Chopped Farmhouse Salad – Roast Turkey	240
Salad Dressings	
Light Italian	20
Dijon Honey Mustard	180
Balsamic Vinaigrette	130
Buttermilk Ranch	210

Burger King

Item	Calories
Whopper Jr.	310
Quarter Pounder King	580
Hamburger	240
Cheeseburger	280
Double Hamburger	350
Double Cheeseburger	390
Bacon Cheeseburger	320
Bacon Double Cheeseburger	420

Grilled Chicken Sandwich	430
Crispy Chicken Jr	450
Spicy Crispy Chicken Jr	390
Chicken Nuggets	45/nugget
Spicy Chicken Nuggets	55/nugget
Crispy Chicken Tenders	135/piece
Chicken Fries – 9 pc	280
Big Fish Sandwich	510
BK Veggie Burger	390
Garden Chicken Salad Grilled	350+
Club Salad Grilled	450+
Garden Side Salad	60+
Ranch Dressing	260
Italian Dressing	160
Lite Honey Balsamic Vinaigrette	120
Croutons	60
Any CROISSAN'WICH or Biscuit that isn't "Double" or "Fully Loaded"	530 or less

Carl's Jr./Hardee's

Note: While Carl's Jr. and Hardee's are the same company, they have some slight differences on their menus. I tried to limit this list to items that were on both menus. In some cases, the nutrition info differed between the two menus, so the numbers that appear before the slash are for Carl's Jr. and after the slash are for Hardee's. Hardee's has many more low calorie options that were not on the Carl's Jr. menu. If you are interested in reviewing these, you can find them at <https://www.hardees.com/nutrition>

It is very difficult to find low-calorie breakfast options at Carl's Jr/Hardee's.

Item	Calories
½ Pound Lettuce-Wrapped Thickburger	420
Big Hamburger	480
Double Cheeseburger	390
Kid's Hamburger	250
Kid's Cheeseburger	310
Charbroiled Chicken Club Sandwich	590 / 560
Charbroiled BBQ Chicken Sandwich	370 / 350
Spicy Chicken Sandwich	490 / 440

Hand Breaded Chicken Tenders	90/piece
Chicken Stars	45/star
Charbroiled Chicken Salad	280+
Side Salad	140+
House Dressing	210
Blue Cheese Dressing	310
Balsamic Vinaigrette Dressing	20

Chick-Fil-A

Every one of Chick-Fil-A's non-breakfast sandwiches is under 600 calories, so it's a pretty good option as far as fast food goes. As long as you avoid the sides, drinks, shakes, etc.

Item	Calories
Chicken Sandwich (Spicy / Deluxe / Spicy Deluxe)	440 (450 / 500 / 540)
Nuggets – 8 piece / 12 piece (Note: Make sure to add the calories of any dipping sauces to this. Ranch and Chick-Fil-A sauces are 140 calories per cup, and Polynesian is 110 calories. The other sauces are all under 50 calories per cup.)	260 / 390

Chick-n-strips – 3 piece / 4 piece (See note on sauces above)	350 / 470
Grilled Chicken Sandwich (Grilled Chicken Club)	310 (430)
Grilled Nuggets – 8 piece / 12 piece (See note on sauces above)	140 / 210
Grilled Chicken Cool Wrap	350
Grilled Market Salad (no dressing)	330
Cobb Salad (no dressing)	510
Spicy Southwest Salad (no dressing)	450
Salad Dressings	
Light Italian	25
Light Balsamic Vinaigrette	80
Fat Free Honey Mustard	90
Chili Lime Vinaigrette	60
Garlic & Herb Ranch	280
Creamy Salsa	290
Avocado Lime Ranch	310
Apple Cider Vinaigrette	230

All of Chick-Fil-A's breakfast items except for their burritos are under 600 calories.

Chipotle

Since everything is customizable at Chipotle, you have to add up the different ingredients. It is possible to get a reasonably low-calorie meal there, but only if you do a bowl or salad. If you get burritos or tacos, there's just too many calories in the tortillas. And if you get a salad, you have to skip the dressing, which is also high in calories. You can't get guacamole and keep the calories reasonable. Definitely avoid getting chips on the side

Below is a list of how many calories are in each ingredient. I suggest that you sit down and add up the calories from what you like, to come up with something you're satisfied with and is also reasonable calories. Then have this planned ahead of time before you go into the restaurant.

Note that you can also ask them for half the usual amount of an ingredient. Though you'll probably end up getting more like two thirds the usual amount, so use two thirds of the calories in your calculation if you're planning to do this.

Item	Calories
Barbacoa	170
Carnitas	210
Chicken	180
Sofritas	150

Steak	150
Rice (Brown or White)	210
Beans (Black or Pinto)	130
Fajita Veggies	20
Tomato Salsa	25
Guacamole	230
Cheese	110
Queso	120
Chili-Corn Salsa	80
Sour Cream	110
Tomatillo Green Chile Salsa	15
Tomatillo Red Chile Salsa	30
Romaine Lettuce	5

Domino's

It's not feasible for me to put together a chart with all the options. But depending on what you get, the hand-tossed pizzas are generally between 250 and 350 calories per slice. Get hand-tossed instead of pan as an easy way to save calories. (Or Brooklyn-style if it's offered in the kind of pizza you're getting.)

If you limit yourself to two slices of a medium hand-tossed pizza, this is reasonably healthy. But seriously ask yourself if it's realistic that you'll be able to cut yourself off after two slices. If

not, you should continue to think of pizza as an unhealthy food that you only eat on special occasions.

Alternatively, you could order wings or Speciality Chicken, which are 400–500 calories for a meal.

Be aware that they claim the serving size for their sandwiches and breadbowl pasta is half a sandwich/breadbowl, so these are really double the calories they list on their website. They are not healthy options.

Stay away from the cheesy bread, bread bites, bread twists, and desserts, which are all extremely high in calories.

Jack in the Box

Item	Calories
Hamburger	340
Cheeseburger	380
Jr. Bacon Cheeseburger	480
Jr. Jumbo Jack (with cheese)	420 (460)
Jumbo Jack (with cheese)	520 (600)
Chicken Fajita Pita	350
Chicken Nuggets	50/nugget
Chicken Sandwich (with bacon)	510 (550)
Crispy Chicken Strips	140/piece

Fish Sandwich	410
Jack's Spicy Chicken (with cheese)	550 (630)
Sourdough Grilled Chicken Club	580
Chicken Club Salad – Grilled	370+
Grilled Chicken Salad	250+
Side Salad	20+
Southwest Chicken Salad – grilled with dressing (and corn sticks)	540 (600)
Southwest Dressing	190
Balsamic Vinaigrette Dressing	25
Ranch Dressing	250
Croutons	70
Monster Taco	270
Bacon Ranch Monster Taco	340
Nacho Monster Taco	330
Regular Taco	170
Breakfast Jack (With Bacon) (With Sausage)	350 (380) (500)
Breakfast biscuits	410–550

KFC

The pieces of chicken are generally better than the sandwiches. You can make a huge difference by getting your chicken Kentucky Grilled rather than Original. On the other hand, you'll make a huge difference in the wrong direction if you go Extra Crispy. And be careful with the sides. Biscuits are 180 calories each (before honey or butter), cornbread muffins are 210 calories, potato wedges are 270 calories, and potato salad is 340 calories.

Item	Calories
Chicken Little (Buffalo / Honey BBQ / Nashville Hot)	300 (310 / 320 / 340)
Crispy Colonel Sandwich (Buffalo / Honey BBQ / Nashville Hot)	470 (500 / 510 / 540)
Snack Size Famous Bowl	270
Original Chicken Breast (Extra Crispy / Spicy Crispy / Kentucky Grilled)	390 (530 / 350 / 210)
Original Chicken Drumstick (Extra Crispy / Spicy Crispy / Kentucky Grilled)	130 (170 / 130 / 80)
Original Chicken Thigh (Extra Crispy / Spicy Crispy / Kentucky Grilled)	280 (330 / 270 / 150)
Original Chicken Whole Wing (Extra Crispy / Spicy Crispy /	130 (170 / 120 / 70)

Kentucky Grilled)	
Corn on the Cob	70
Green Beans	25
Sweet Kernel Corn	70

McDonald's

Item	Calories
Hamburger	250
Cheeseburger	300
Double Cheeseburger	440
McDouble	390
Quarter Pounder With Cheese	510
Big Mac	540
Filet-O-Fish	390
McChicken	400
McRib	500
Artisan Grilled Chicken Sandwich	430
Chicken McNuggets	45/nugget

Buttermilk Crispy Tenders	120/piece
Bacon Ranch Grilled Chicken Salad with ranch dressing	440
Southwest Grilled Chicken Salad with dressing	440
Side Salad	15+
Ranch Dressing (Remember you can use part of this to reduce the calories – ½ the packet would be ½ the calories.)	140
Southwest Dressing	110
Vinaigrette Dressing	40
Fruit N Yogurt Parfait	210
Egg McMuffin	300
All other breakfast sandwiches	420–550

Panda Express

Typically at Panda Express, people get a Bowl, which comes with either fried rice or chow mein, or a Plate which comes with a serving of each. (Or two servings of one of these.) It's not going to be possible to get a reasonable portion of food if you do this. The chow mein is 510 calories, and the fried rice is 520. If you get the Plate, you're already over 1,000 calories before you've even ordered your main dishes.

However, instead of getting the chow mein and fried rice, you can get their Super Greens, which are only 90 calories per serving. If you do that, it's possible to eat a reasonably healthy meal at Panda Express. Otherwise, the only way to do it is to split your take-home Bowl or Plate into multiple meals.

In general, it's better to stay away from anything that is fried or breaded. This includes a lot of their signature dishes, such as Orange Chicken, Beijing Beef, and Honey Sesame Chicken.

Every item on Panda's menu is under 600 calories, but since you'll likely be eating multiple items, I'm only going to list those that are less than 300 calories.

Item	Calories
Black Pepper Chicken	280
Kung Pao Chicken	290
Mushroom Chicken	220
Potato Chicken	190
String Bean Chicken	190
Broccoli Beef	150
Firecracker Shrimp	110
Chicken Egg Roll	200
Grilled Teriyaki Chicken	300
Grilled Asian Chicken	300
Sweet and Sour Chicken	300

Panera Bread

Despite having a somewhat healthy image, Panera tends to serve large amounts of food, or food that contains a lot of high-calorie bread. It's hard to find lower calorie options. They do offer half-sandwiches, but realistically you're not going to eat that. Even most of their salads are over 600 calories once you add dressing. And you definitely want to avoid their bread bowls, or sides of bread.

On the other hand, almost all of their breakfast options are under 600 calories. Because they have such an extensive menu, I'm not going to list them all.

If you do find yourself at Panera Bread for lunch or dinner, here are the few low-calorie options I could find.

Item	Calories
Mediterranean Grain Bowl (No meat)	590
Mediterranean Veggie on Tomato Basil	470
Steak and Arugula on Sourdough	480
Turkey on Whole Grain	540
Asian Sesame Salad with Chicken (With Dressing)	410 (500)
Caesar Salad (With Dressing / With Chicken and Dressing)	320 (490 / 620)

Seasonal Greens Salad – No Dressing (This is low enough calorie that you can add the dressing of your choice and still keep it under 600 calories.)	190
Spicy Thai Salad With Chicken (With Dressing)	460 (510)

Pizza Hut

Pizza Hut is going to be very similar to Dominos. However, they have personal pan pizzas, which make it a bit easier to get reasonable portions. The Cheese, Hawaiian, Pepperoni (not Pepperoni Lover's), and Veggie Lover's are all 600 calories or under. And most of the others aren't too much over 600 calories. They range from 640 for the Buffalo Chicken to 840 for the Meat Lover's.

Avoid their pastas, p'zones, and sandwiches, which have enormous amounts of calories. Even their "Smaller Appetites" menu is high-calorie.

Some of their salads are lower calorie (though some aren't), but who orders salads from Pizza Hut?

Wings are 80–100 calories per wing depending on options, unless you get the Smoky Garlic wings which are 110–120 calories, or the Garlic Parmesan which are 130–140 calories.

Popeye's

There are lots of options here if you avoid the sides, or stick with green beans as your side. Also, this is a good place to point out that cole slaw has way more calories than you would expect. (This is discussed in the chapter in *The Weight Loss Habit* on high calorie “healthy” foods.) Popeye's cole slaw has more calories than their macaroni and cheese, and twice as much as their mashed potatoes.

Also, be careful about their dipping sauces, as most are in the 100–150 calorie range. The Barbecue sauce is okay at 45 calories, and the cocktail sauce is okay at 30 calories.

Item	Calories
Wing – Mild or Spicy	210
Leg – Mild / Spicy	160 / 170
Thigh – Mild / Spicy	280 / 260
Breast – Mild / Spicy	440 / 420
Nuggets – 4 pc / 6 pc	150 / 230
Tenders – Mild / Spicy / Naked	340 / 310 / 170
Spicy Chicken Sandwich	480
Chicken Wrap – Loaded / Naked	310 / 200
Naked BBQ Chicken Po' Boy	340

Popcorn Shrimp	330
Butterfly Shrimp – 8 pc	290
Catfish Fillet	460

Sonic

The Nutritional information Sonic puts out tries to bewilder you with options, by giving separate listings for if you get your burger with ketchup, or mustard, or mayo, or ketchup and mayo, etc. To simplify this, a good rule of thumb is that adding mayo adds about 100 calories. The difference between ketchup and mustard is negligible. Assume any item on this chart has ketchup if that's an option, and does not have mayo.

Stay away from their blasts and shakes, some of which can top 1,500 (!) calories. Also their Cherry Limeades are shockingly high in calories, unless you get the diet version.

Item	Calories
Sonic Burger	540
Sonic Cheeseburger	600
Hatch Green Chile Cheeseburger	590
Jr. Burger	330
Quarter Pound Double Cheeseburger (I don't know why the Quarter Pound Double	570

Cheeseburger is fewer calories than the regular cheeseburger. My guess would be less fixings or a smaller bun. Anyway, here's a way you can feel like you're eating more while consuming fewer calories.)	
Veggie Burger	440
BLT Toaster Sandwich	580
Chicken Wrap Grilled (Crispy)	480 (570)
6 pc. Boneless Wings – Buffalo (Honey BBQ) (Sweet Asian Chile)	440 (470) (470)
Classic Chicken Sandwich – Grilled (Crispy)	470 (550)
Crispy Tender Sandwich	440
Jumbo Popcorn Chicken – Small (Medium)	330 (490)
Crispy Tenders – 3 pc. (5 pc.)	260 (430)
Fish Sandwich	540
Grilled Cheese Sandwich	430
6" Hot Dogs	320–470, depending on options
Breakfast Burrito – Ham / Bacon / Sausage	440 / 470 / 500

Brioche Breakfast Sandwich – Ham / Bacon	470 / 530
Croissonic Breakfast Sandwich – Ham / Bacon	490 / 560

Subway

As of the time I'm writing this, every six-inch sub on Subway's menu that doesn't include guacamole or the word "Ultimate" in its name is under 600 calories. Rather than copying Subway's entire menu, I'll just tell you to avoid those few items, and stick to the six-inch subs instead of the footlongs. The footlong subs are double the calories of the six-inch subs, obviously.

Also, skip the cookies, which are over 200 calories each, and they sell them in packs of three. Which means there's more calories in your dessert than in the entire rest of your meal.

You can find more information on how many calories are in each specific item on Subway's menu here:

<https://www.subway.com/en-US/MenuNutrition/Nutrition/NutritionGrid>

Taco Bell

Taco Bell has plenty of lower calorie items. Unfortunately people often get multiple items. To stay under 600 calories, you'll have to limit yourself to one mid-sized item, a small burrito plus a taco, or three tacos. Or you could replace a taco with Cinnabon delights, which in my personal opinion is the best dessert at any fast food place.

Item	Calories
7-layer burrito	420
Bean Burrito	350
Beefy 5-Layer Burrito	490
Beefy Fritos Burrito	440
Beefy Nacho Loaded Griller	370
Burrito Supreme	390
Cheese Bean & Rice Burrito	410
Cheese Potato Griller	340
Shredded Chicken Burrito	420
Cheesy Roll Up	180
Shredded Chicken Quesadilla Melt	310
Spicy Tostada	190
Power Menu Bowl – Veggie / Chicken / Steak	430 / 480 / 490
Chalupa Supreme	350
Cheesy Gordita Crunch	500
Crunchwrap Supreme	530
Gordita Supreme	280
Mexican Pizza	530

Meximelt	250
Nachos Supreme	430
Quesadilla (with chicken or steak)	450 (500)
Crunchy Taco (Supreme)	170 (190)
Soft Taco (Supreme)	180 (210)
Spicy Potato Soft Taco	230
Doritos Locos Taco (Supreme)	170 (190)
Cinnabon Delights (2-pack)	160

Wendy's

Item	Calories
Dave's Single	570
Jr. Bacon Cheeseburger	380
Double Stack	390
Jr. Hamburger (Cheeseburger / Cheeseburger Deluxe)	240 (280 / 340)
Grilled Bacon Jalapeno Chicken Sandwich	600
Chicken Nuggets – 4pc / 6pc / 10 pc (Spicy 4 pc / 6 pc / 10 pc)	170 / 250 / 420 (190 / 280 / 470)

Grilled Barbecue Chicken Sandwich	520
Grilled Avocado BLT Chicken Sandwich	600
Homestyle Chicken Sandwich / Spicy Chicken Sandwich	500
Grilled Chicken Sandwich (Crispy Chicken Sandwich) <i>This is a rare case where the crispy version has fewer calories than the grilled version, because it is smaller</i>	370 (330)
Grilled Asiago Ranch Club	520
Crispy Chicken BLT	420
Chicken Wrap – Grilled / Crispy	300 / 370
Spicy Buffalo Chicken Salad – Half Size	430
Parmesan Chicken Salad – Half / Full	310 / 560
Southwest Avocado Chicken Salad – Half / Full	300 / 600
Taco Salad – Half / Full	430 / 610
Apple Pecan Chicken Salad – Half / Full	340 / 570
Egg and Swiss Croissant –	430 / 600

Bacon / Sausage	
Maple Bacon Chicken Croissant	570
Egg and Cheese Biscuit – Bacon / Sausage	450 / 630
Sausage Biscuit	500
Honey Butter Chicken Biscuit	510
Classic Egg and Cheese Sandwich – Bacon / Sausage	330 / 500

Final Thoughts

Thank you for taking the time to read this. I hope you find this helpful in reducing the amount of calories you consume while still being able to eat delicious and convenient fast food.

If you haven't already, please subscribe to my newsletter at selfhelpingyourself.com/subscribe, follow me on Twitter at [@yourselfhelping](https://twitter.com/yourselfhelping) and [@stevenraymarks](https://twitter.com/stevenraymarks), and like/follow me on Facebook at facebook.com/selfhelpingyourself. And watch for *The Weight Loss Habit: The No BS, No Gimmick, (Sort of) Easy Way to Lose Weight and Keep It Off Forever*, by Steven Ray Marks, coming soon.

If you know of anyone who would like this eBook, please suggest they buy it or sign up at selfhelpingyourself.com/subscribe to receive a free copy. Please also suggest they sign up if they would be interested in *The Weight Loss Habit*, so they can be alerted when it is released.

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Thanks again for reading.

Steven Ray Marks