

# A New Found Love for Shopping



Dieter Kim and her daughter started Plan Z so they could get in picture-perfect form for her wedding. They each lost 61 pounds. Way to go!

*Plan Z has been the BEST diet for me and my daughter!! We both started out the same weight and did a great job of losing 61 pounds each!! I found it an easy diet to follow... I had never dieted too much [because] I didn't think I had willpower but the crave drops helped with that. I know our stamina increased each day as the weight went down but WOW! I have always carried my weight in [my] hips and rear area and it is literally GONE!! No more big booty!! I love this diet and would recommend it to anyone. I love shopping for all the new styles I feel great in now...*

*Thank you, Zola and Plan Z*



*I love this diet and would recommend it to  
anyone.*

- DIETER KIM

PLAN

