

MORE FABULOUS >

Weight loss author Janet Thomson reveals how to lose weight on the colour fast plan

Diet and weight loss programmes can often be confusing - some follow strict "rules" while others allow for a number of "cheats" per week

[Sian Williams](#)

26th January 2019, 2:49 pm



'RETHINK FOOD' Weight loss author Janet Thomson reveals how to lose weight on the colour fast plan

Diet and weight loss programmes can often be confusing - some follow strict "rules" while others allow for a number of "cheats" per week

[Read article >](#)

