

The Pescetarian Plan Whittle Your Waistline Boost Longevity And Brainpower And Love Your Food

You will discover the topics about the importance of eating the right foods and how it will help you banish stubborn bally fat from your body and good, how excess belly fat effects your overall health. Hint, it changes more than your appearance, the real truth about losing lower belly fat for a sexy flat stomach, some simple, yet effective diet tips that will help you lose excess belly fat and the connection between belly fat and diabetes and how it affects your health.

The Keep It Simple Series has set a new standard in how-to publishing. The truly accessible guides inspire and instruct readers and deliver all the information one needs to know about the featured subject. Expertly written with helpful diagrams, full-color photographs and illustrations, these 2 new titles give readers even more reasons to K I S S inexperience goodbye. A comprehensive, clearly organized game-plan for the soon-to-be married, this guide quickly and confidently takes into account every detail and nuance of planning a happy and memorable wedding--without going broke, getting stressed, or alienating your family and friends!

Fresh out of college, Gesshin Claire Greenwood found her way to a Buddhist monastery in Japan and was ordained as a Buddhist nun. Zen appealed to Greenwood

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because of its all-encompassing approach to life and how to live it, its willingness to face life's big questions, and its radically simple yet profound emphasis on presence, reality, the now. At the monastery, she also discovered an affinity for working in the kitchen, especially the practice of creating delicious, satisfying meals using whatever was at hand — even when what was at hand was bamboo. Based on the philosophy of *oryoki*, or “just enough,” this book combines stories with recipes. From perfect rice, potatoes, and broths to hearty stews, colorful stir-fries, hot and cold noodles, and delicate sorbet, Greenwood shows food to be a direct, daily way to understand Zen practice. With eloquent prose, she takes readers into monasteries and markets, messy kitchens and predawn meditation rooms, and offers food for thought that nourishes and delights body, mind, and spirit.

The world's most comprehensive, well documented and well illustrated book on this subject. With extensive index. 435 color photographs and illustrations. Free of charge in digital PDF format on Google Books.

A gourmand's guide to the slim life shares the principles of French gastronomy, the art of enjoying all edibles in proportion, arguing that the secret of being thin and happy lies in the ability to appreciate and balance pleasures, not in deprivation, in a guide that includes inspirational true-life stories, simple advice, and dozens of delectable recipes. Reprint.

The Pescetarian Plan The Vegetarian + Seafood Way to Lose Weight and Love Your

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FoodBallantine Books

Identifies a link between serotonin levels and weight and outlines a twelve-week program of scientifically-balanced recipes designed to help reduce overeating urges, lose weight, and improve overall moods.

Get the inside secrets for great looking Web sites that keep customers coming back. Web Design For Dummies covers all the latest Web technologies and tools such as Dreamweaver, Flash, XML, and SMIL. Site design is crucial to attracting and keeping Web visitors to your site. Turn to this friendly guide to discover what makes an attractive Web site. Discover the traps to avoid in Web site design and the keys to a successful Web site.

Presents a week-by-week plan to achieve financial peace of mind, with advice on such topics as sticking to a budget, curbing credit card debt, saving on taxes, refinancing a mortgage, and planning for a child's college education.

Learn the fast and simple way to whittle in this fun introduction to woodcarving.

Discover how to whittle in less time while you have more fun! One of the joys of whittling with a pocketknife is that you can do it just about anywhere. You don't need any fancy equipment, and you don't even need much spare time. Author Tom Hinder demonstrates his easy-to-learn, quick-cut method for whittling expressive little figures from wood in just 20 minutes or less. With his friendly instructions and step-by-step photos, you'll learn to carve an endless array of charming wizards, gnomes, gargoyles,

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ornaments, dogs, leprechauns, and more. These super-short whittling projects are perfect for learning basic woodcarving skills. They also make wonderful little gifts for random acts of kindness. Leave one along with your tip at the local restaurant, or give one to your favorite cashier. Children especially enjoy receiving them as souvenirs. "Everything you need to know about: self-management of Type 2 diabetes; nutrition, medication, and exercise; emotional and financial issues of diabetes; the newest treatments and most up-to-date research; organizations, services, and other available resources."--Cover.

Citing the health benefits of Mediterranean foods and a combined seafood and vegetarian diet, this guide offers strategic meal plans complemented by one hundred recipes for such dishes as grilled soft-shell crabs, shrimp curry, and potato cakes. To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both. A female-centric keto diet and jumpstart plan from the New York Times bestselling author of Glow15. Have you tried going keto and found that it has made you feel worse rather than better? Does keto seem to make sense in so many ways yet seem just slightly off in several key ones? What if it's not just you? What if traditional keto diet

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simply fails to encompass the needs of the female body? Naomi Whittel, the New York Times best-selling author of *Glow15*, explores how the problem isn't keto, it's fiber. Ninety percent of women are fiber deficient, and when women go the standard keto route, they often lean into animal-based, high-fat, zero-fiber foods, leading to low energy, brain fog, and unnecessary weight gain. Whittel explores the prebiotic fiber sources that work within a keto framework to speed up your metabolism, transform your microbiome, balance your hormones, and keep you feeling full. Included are a 22-day meal plan, movement plan, and delicious, easy-to-make recipes.

Updated with must-have new recipes, diet tips, and research. Discover the simple secret to permanent weight loss and optimal health, as seen on Dr. Oz. Fad diets come and go, but after more than two decades of success stories and media attention, *The F-Factor Diet* has stood the test of time. Now hailed as the go-to lifestyle program for anyone who wants to improve their health and lose weight for good, *F-Factor's* scientifically proven approach allows you to achieve results without hunger, deprivation, or denial. Change your life without disrupting your lifestyle: dine out, drink alcohol, eat carbs, and work out less from Day 1. Now revised and updated with new recipes, diet tips, and research, *The F-Factor Diet* includes:

- An easy to follow 3-step program to shed pounds, boost energy, and increase longevity, on which men lose an average of 15 lbs., and women 10 lbs., in just one month.
- More than 75 quick and delicious *F-Factor* approved recipes plus a complete set of guidelines for dining out and ordering

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in. • Proven tips, tools, and solutions to keep you motivated, inspired, and on track. It's time to change your life forever and join the F-Factor movement. Your journey to a happier, healthier you begins now!

Lose weight, increase energy, and boost your immunity—without giving up meat! "With her flexible mix-and-match plans, Dawn Jackson Blatner gives us a smart new approach to cooking and eating." --Joy Bauer, M.S., RD, CDN, "Today" show dietitian and bestselling author of Joy Bauer's Food Cures "The Flexitarian Diet is a fresh approach to eating that's balanced, smart, and completely do-able." --Ellie Krieger, host of Food Network's "Healthy Appetite" and author of The Food You Crave "Offers a comprehensive, simple-to-follow approach to flexitarian eating--the most modern, adaptable, delicious way to eat out there." --Frances Largeman-Roth, RD, senior food and nutrition editor of Health magazine "It's about time someone told consumers interested in taking control of their weight and health how to get the benefits of a vegetarian lifestyle without having to cut meat completely out of their life." --Byrd Schas, senior health producer, New Media, Lifetime Entertainment Services Introducing the flexible way to eat healthy, slim down, and feel great! "Flexitarianism" is the hot new term for healthy dieting that minimizes meat without excluding it altogether. This ingenious plan from a high-profile nutritionist shows you how to use "flexfoods" to get the necessary protein and nutrients--with just a little meat for those who crave it. As the name implies, it's all about flexibility, giving you a range of options: flexible meal plans,

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meat-substitute recipes, and weight loss tips. Plus: it's a great way to introduce the benefits of vegetarianism into your family's lifestyle. Enjoy these Five Flex Food Groups: Flex Food Group One: Meat Alternatives (Beans, peas, lentils, nuts, and seeds; Vegetarian versions of meats; Tofu; Eggs) Flex Food Group Two: Vegetables and Fruits Flex Food Group Three: Grains (Barley, corn, millet, oat, quinoa, rice, wheat, pasta) Flex Food Group Four: Dairy Flex Food Group Five: Natural flavor-enhancers (Spices, buttermilk ranch, chili powder, cinnamon, Italian seasoning, herbs; Fats, oils, butter spreads; Sweeteners, granulated sugars, honey, chocolate; Ketchup, mustard, salad dressing, vinegars, low-fat sour cream)

Delicious recipes to make life just that bit healthier and a lot easier. "Most of the food you put in your body should have ingredients that make your skin glow, your hair shine, your body feel energised, your eyes bright and your kids and friends happy. Even the naughty treats can have good stuff in them too! If you love cooking and baking and are happy, like me, to whittle away the hours with spatula in hand then hopefully you'll enjoy my ideas and recipes." - Fearne Cotton Fearne Cotton is one of our best-loved television and radio presenters. She is also a keen healthy baker and young, busy, working mum who has found some great ways to eat well and eat clean. Her first cookbook, Cook Happy, Cook Healthy, is full of easy, fast and healthy recipes for everything from breakfast and speedy suppers to baked treats. Delicious dishes include Quick Granola, Courgette Fritters with Herby Yoghurt Dip, Halloumi and Roasted

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Beetroot Salad, and Almond and Apricot Biscuits. With an eye to food bills and time-poor households, the ingredients are easy to buy and few in number, and the methods very simple.

Take control of your cholesterol with this 10-point plan from nutrition and fitness expert Dr. Janet Brill—without using drugs. If you are one of the nearly 100 million Americans struggling with high cholesterol, then Dr. Janet Brill offers you a revolutionary new plan for taking control of your health—without the risks of statin drugs. With Dr. Brill’s breakthrough Cholesterol Down Plan, you simply add nine “miracle foods” to your regular diet and thirty minutes of walking to your daily routine. That’s all. This straightforward and easy-to-follow program can lower your LDL (“bad”) cholesterol by as much as 47 percent in just four weeks. Cholesterol Down explains Dr. Brill’s ten-point plan as well as the science behind it. You’ll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect, as well as:

- How eating whole grains helps reduce LDL cholesterol in your bloodstream
- Why antioxidants keep plaque from building up in your arteries
- How certain steps change the structure of LDL cholesterol particles (and why it’s best for them to be large and fluffy)
- Why walking just thirty minutes a day lowers “bad” cholesterol and cuts dangerous belly fat

With everything you need to stay focused on the plan, including a daily checklist, a six-month chart for tracking LDL cholesterol changes, tools for assessing your risk level for cardiovascular disease, sample weekly menus, and even

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heart-healthy recipes, Cholesterol Down is the safe and effective alternative or complement to statin drugs.

Man up and discover the practical and inspirational information all men should know! While it's definitely more than just monster trucks, grilling, and six-pack abs, true manliness is hard to define. The words macho and manly are not synonymous. Taking lessons from classic gentlemen such as Benjamin Franklin and Theodore Roosevelt, authors Brett and Kate McKay have created a collection of the most useful advice every man needs to know to live life to its full potential. This book contains a wealth of information that ranges from survival skills to social skills to advice on how to improve your character. Whether you are braving the wilds with your friends, courting your girlfriend, or raising a family, inside you'll find practical information and inspiration for every area of life. You'll learn the basics all modern men should know, including how to: -Shave like your grandpa -Be a perfect houseguest -Fight like a gentleman using the art of bartitsu -Help a friend with a problem -Give a man hug -Perform a fireman's carry -Ask for a woman's hand in marriage -Raise resilient kids -Predict the weather like a frontiersman -Start a fire without matches -Give a dynamic speech -Live a well-balanced life So jump in today and gain the skills and knowledge you need to be a real man in the 21st century.

eBook Bonus: Links to Exercises and Trivia Quiz From Denise Austin comes the perfect health book for anyone who wants to live better but just can't seem to find the

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time. Much more than just another exercise book, Denise's Daily Dozen covers a whole range of health and diet related concepts yet manages it all in a no-stress, time-conscious program of 12's. At it's core, this book contains the minimum daily requirements to keep the reader flexible, strong and trim. Organized simply into seven chapters, which equal the seven days of the week, it covers a full week in daily allotments. Each day will have it's own focus from Monday being "fat burning day" to Sunday's "recharge and rejuvenate." Denise has created a total body program, including a 7-day balanced meal plan that includes healthy recipes, and a workout that encompasses 12 exercises done in 12 minutes each day. Everyone can take just 12 minutes, at whatever time of the day works for them, and turn it over to these simple and fun exercises. Cardio, toning, yoga and breathing exercises...they're all here but in a way the maximizes effect while minimizing time. Beyond a dozen exercises for each day of the week this book will include many other of Denises dozens for each day. Discusses self-management, nutrition, medication, exercise, emotional issues, financial issues, and emerging treatments.

Addresses the nutritional concerns faced by many who are new to plant-based, vegetarian diets and shows how to cover every nutritional base, from protein to calcium and beyond. Features irresistibly delicious food that satisfies on every level --including amazing desserts to keep the most stubborn sweet tooth happy.

4 Weeks to Lose the Weight. 4 Phases to Keep It Off for Life. The Lean for Life

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program has been used for over 40 years in Lindora Clinics to help over 750,000 people lose millions of pounds—with an incredible 79 percent keeping weight off! Now this classic bestseller has been completely revised and updated based on groundbreaking new research about the brain's role in weight loss. The New Lean for Life uses a revolutionary "smart carb" program coupled with powerful behavioral modification to shrink fat cells while stabilizing blood sugar, healing inflammation and establishing new habits that will sustain a leaner, healthier you. The easy-to-follow daily plans anticipate your thoughts, needs and cravings before they hit so that you are sure to stay on track and succeed. Results are quick—you'll experience rapid weight loss in just 4 weeks—and lasting. And best of all, you won't feel hungry or deprived! Now it's your turn. Join the Lean for Life movement and lose weight—for good. U.S. edition shown

Based on Nobel Prize-winning research, an easy-to-follow lifestyle plan for losing weight, looking younger, and feeling energized.

100 recipes to celebrate the bold flavors, bright colors, and fresh tastes of the Middle East. In Arabic, "habibi" translates to "my darling," and it is this loving endearment, reserved for the closest friends and family, that permeates every recipe that Canadian-Egyptian chef and television host Shahir Massoud has to offer. Sharing mouthwatering street foods and casual everyday staples, as well as new interpretations of traditional dishes, *Eat, Habibi, Eat!* encourages you to explore the rich spices and irresistible dishes of the Middle East at home. And Shahir's personal stories, all told in his warm and playful voice, are just as captivating as

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his food (you'll burst out laughing at his mother's insistence that the Egyptian people would never forgive him if he altered the definitive recipe for ful mudammas). Combining his family's heritage meals with his French and Italian chef training, Shahir teaches you how to build the ultimate Egyptian pantry using some special food items, but mostly ingredients that can be found at your local grocery store. From there, you'll dive in to the over 100 mouthwatering recipes for every meal and time of day. From classic mainstays like Shakshuka, Shawarma and Fattoush Salad, to modern plates like Chickpea Fries with Harissa Mayo and Coffee and Coriander Beef Ribs with Pomegranate BBQ Sauce, *Eat, Habibi, Eat!* is a feast for the eyes and the taste buds. Whether you already love Middle Eastern cuisine or have never heard of sumac before, Shahir's sumptuous book will inspire you to try something new in the kitchen and have fun doing it.

Easy, customizable plans (2-day, 7-day, and longer) to rid your diet of the acidic foods (sugar, dairy, gluten, excess animal proteins, processed foods) that cause inflammation and wreak havoc on your health. Let's talk about the four-letter word that's secretly destroying your health: ACID. An acidic lifestyle -- consuming foods such as sugar, grains, dairy, excess animal proteins, processed food, artificial sweeteners, along with lack of exercise and proper hydration, and stress -- causes inflammation. And inflammation is the culprit behind many of our current ailments, from weight gain to chronic disease. But there's good news: health visionary Dr. Daryl Gioffre shares his revolutionary plan to rid your diet of highly acidic foods, alkalize your body and balance your pH. With the *Get Off Your Acid* plan, you'll: Gain more energy Strengthen your immune system Diminish pain and reflux Improve digestion, focus, and sleep Lose excess weight and bloating, naturally With alkaline recipes for easy, delicious

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snacks and meals, Get Off Your Acid is a powerful guide to transform your health and energy -- in seven days.

NEW YORK TIMES BESTSELLER Zero Belly Diet is the revolutionary new plan to turn off your fat genes and help keep you lean for life! Nutrition expert David Zinczenko—the New York Times bestselling author of the Abs Diet series, Eat This, Not That! series, and Eat It to Beat It!—has spent his entire career learning about belly fat—where it comes from and what it does to us. And what he knows is this: There is no greater threat to you and your family—to your health, your happiness, even your financial future. Yes, you can: Change your destiny. Overcome your fat genes. Strip away belly fat and finally attain the lean, strong, healthy body you’ve always wanted. With Zero Belly Diet, David Zinczenko reveals explosive new research that explains the mystery of why some of us stay thin, and why some can’t lose weight no matter how hard we try. He explains how some foods turn our fat genes on—causing seemingly irreversible weight gain—and uncovers the nine essential power foods that act directly on those switches, turning them to “off” and allowing for easy, rapid, and sustainable weight loss. And he shows how these foods help heal your digestive system, keeping those gene switches turned off and setting you up for a lifetime of leanness. Other diets can help you lose weight, but only the Zero Belly diet attacks fat on a genetic level, placing a bull’s-eye on the fat cells that matter most: visceral fat, the type of fat ensconced in your belly. These fat cells act like an invading army, increasing inflammation and putting you at risk for diabetes, Alzheimer’s, arthritis, heart disease, and cancer. Visceral fat can also alter your hormone levels, erode muscle tissue, increase your chances of depression, and destroy your sex drive. But you can turn the odds in your favor. Zero Belly Diet shows you how to deactivate your fat genes, rev up your

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metabolism, banish bloat, and balance your digestive health, allowing you to easily build lean, strong stomach muscle and strip away unwanted belly fat without sacrificing calories or spending hours at the gym. The result: weight loss that is easier, faster, more lasting, and more delicious than you'd ever imagine. You'll be stunned and inspired by the results of an amazing 500-person test panel—men and women who lost weight quickly, and with ease, following the Zero Belly diet. In just the first 14 days: Bob McMicken, 51, lost 16.3 pounds Kyle Cambridge, 28, lost 15 pounds Martha Chesler, 54, lost 11 pounds Matt Brunner, 43, lost 14 pounds Zero Belly Diet features a week-by-week menu plan, fifty tasty recipes, and a handy shopping list that leads to a minimum of cooking and plenty of feasting. Best of all, Zero Belly Diet offers something more: freedom. Freedom from bloating, freedom from food deprivation, freedom from weight loss fads, freedom from stress. So say goodbye to your paunch and hello to a happier, healthier you!

The Fresh 20, the popular budget-friendly meal-planning service founded by working mother Melissa Lanz, is now a cookbook, offering families an all-natural and easy approach to mealtimes. Using just 20 organic, non-processed ingredients per week, home cooks can create 5 wholesome, delicious meals in just minutes. A busy home cook herself, Lanz understands the “What’s for dinner?” conundrum and has developed a program that gives parents healthy cooking options. Inspiring and educational, The Fresh 20 is filled with gorgeous color photos, shopping lists that take advantage of seasonal fruits and vegetables, prep tips, and, of course, easy and delicious recipes — including vegetarian, vegan, and gluten-free options.

Lose weight fast with the international diet sensation. Diet two days a week. Eat a Mediterranean diet for five. The 2-Day Diet is easy to follow, easy to stick to, and clinically

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tested. Simply eat a low carb, high protein diet two days a week, and follow the classic Mediterranean Diet (now recognized as the gold standard in warding off heart disease) for the other five. The 2-Day Diet is designed to maximize weight loss, minimize muscle loss and keep you feeling full. It can have dramatic anti-aging and anti-cancer benefits. With this diet you can finally be slim, fit and healthy. With meal plans and 100 delicious and filling recipes. “A far more effective way to lose weight.” —Daily Mail “Put an end to 24/7 calorie counting.” —The Sun “Revolutionary and clinically proven.” —Good Housekeeping

Discover the original international diet sensation—used by Adele, heavyweight champion David Haye, and Pippa Middleton—that will help you lose seven pounds in seven days while experiencing lasting energy and eating all the foods you love. Over the past few years, fasting has become a popular diet option. Studies show that fasting—whether through moderate calorie restriction every day or the more severe but less frequent intermittent fasting—can help people lose about thirteen to fourteen pounds in six months and reduce their risk of developing disease. When we fast, our body’s energy stores activate what is known as sirtuins, or the “skinny gene,” and many positive changes ensue. Fat storage is switched off, and our body stops its normal growth processes and goes into “survival” mode. Fat burning is stimulated and the genes involved in the repair and rejuvenation of our cells are turned on—which all results to weight loss and improved resistance to disease. But if not done correctly, fasting can lead to hunger, irritability, fatigue, and loss of muscle. Enter Sirtfoods: a newly discovered group of foods that is revolutionizing healthy eating. Ranging from chocolate and red wine to garlic and walnuts, sirtfoods are particularly rich in special nutrients that help us activate the same skinny genes in our bodies that fasting triggers. Nutritionists Aidan Goggins and Glen

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Matten have created The Sirtfood Diet to help you effectively lose weight and improve your resistance to disease, while still giving you incredible energy and glowing health.

Based on the latest science, the 21-Day Tummy diet targets excess weight and belly fat while addressing the most common digestive disorders. We love to eat but that doesn't mean our stomachs always enjoy digesting what we put in them. Add to this the fact that our nation is heavier than it's ever been, and it's clear that our tummies don't just need to function better, they need to be smaller. In general, smaller stomachs digest food more effectively, and that's why dropping the pounds isn't just a matter of vanity but of health. Featuring carb-light, anti-inflammatory foods, the 21-Day Tummy eating plan slashes inches from your belly (up to 4 1/2 inches!) while banishing gas and bloating, heartburn and acid reflux, constipation, diarrhea, and irritable bowel syndrome (IBS). In addition, 21-Day Tummy includes: 50 scrumptious recipes such as Tomato-Ginger Flank Steak and Almost Pumpkin Mini Pies. a Digestion Quiz to help you measure your overall digestive health tips on how to combat the Four S's—Supersizing, Sitting, Stress, and Sleep Deprivation. inspirational stories and advice from our successful test panelists. Our top tester dropped 19 pounds in 21 days and completely stopped taking medications for acid reflux. an optional equipment-free workout plan that helps to both sculpt and soothe your belly with a mix of core strengthening, walking, and yoga. guidelines on how to incorporate potentially problematic foods back into your life so you are never deprived of your favorite foods. 21-Day Tummy is a fun, easy guide to healthy eating that will have a smaller, healthier you feeling better than, well, possibly ever!

"By now, we've all heard -- and even tried -- the keto diet. But when cutting out carbs such as fruits and grains, it is easy to worry about digestive health -- and too few (or too many) trips to

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the bathroom. Dr. Thomas Kurscheid offers the perfect solution. Demonstrating how simple it can be to make delicious keto-friendly, high-fiber meals without sugary fruits and starchy carbohydrates, The Keto High Fiber Diet offers flavorful and healthy meals that you can make in no time."--Publisher.

Formerly Published as Cinch!: Conquer Cravings, Drop Pounds, and Lose Inches Easy, Fast, Chocolate! Finally, The Plan You Can Stick With I feel almost that this is too much food, too decadent.—Chris, age 54 I lost 8 pounds and 1.5 inches from my hips in just five days!—Adina, age 28 I love eating these meals. I don't feel deprived at all!—Laurene, age 36 Acclaimed nutritionist Cynthia Sass has proven, once and for all, that fast, sustainable weight loss is not about deprivation—in fact, this diet is anything but, featuring treats from guacamole to mandatory chocolate truffles. But it's the big results—up to eight pounds of weight loss in the first five days alone—that make S.A.S.S. Yourself Slim the ideal plan for anyone who's ready to take control of their diet, their weight, and their long-term well-being. After just one month on the S.A.S.S. Yourself Slim plan, you will: Know which healthy foods promote rapid weight loss (the answers may surprise you!) Enjoy dozens of delicious, easy-to-prepare recipes that help you reach your weight-loss goal Better understand, and control, the emotional triggers that often lead to overeating Sleep better and enjoy more energy Shed the stubborn inches and pounds you'd all but given up on New material, including sensational swaps and seven new success stories! Best of all, this program is designed for real lives. You

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won't have to pass up on nights out at your favorite restaurant, start shopping in specialty stores, or spend hours in the kitchen. S.A.S.S. Yourself Slim is a potent program that gives you the power to change your body, your health, and your life! The nutrition experts at Good Housekeeping introduce an innovative, economical, easy-to-follow, and flexible approach to losing weight that explains how to create a healthy and balanced menu that is low in calories, high in fiber, and moderate in carbs, fats, and protein, accompanied by tips on reading food labels, selecting healthful packaged foods, and more. Original.

The most comprehensive book on this subject ever published. With 3,638 references, The Pescetarian Cookbook is the definitive kitchen companion to the pescetarian diet with fundamental information, recipes, and healthy meal plans. Rich in fish and seafood, hearty vegetables, and wholesome grains--pescetarianism is a varied and balanced diet. The Pescetarian Cookbook is a complete reference to reap all benefits of this naturally nutritious diet with essential information, recipes, and healthy meal plans. From Zucchini Pancakes with Smoked Salmon for breakfast to Grilled Swordfish with Chimichurri and Roasted Vegetables for dinner, this pescetarian cookbook offers perfectly portioned pescetarian plates for every meal. Complete with 3 weeks' worth of meal plans--that include shopping lists and tips for meal prep--The Pescetarian Cookbook is your go-to reference to make the pescetarian diet a sustainable and satisfying lifestyle. The Pescetarian Cookbook is a recipe for good health and great

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taste with: An essential introduction that explains everything you need to know to follow the pescatarian diet, including the health benefits, pantry staples and cooking equipment, plus shopping and storage tips. 75 recipes for breakfasts, soups and salads, vegetable mains, seafood mains, sides and snacks, and dessert! 3 one-week meal plans that take the guesswork out of what you should eat and when, and provides shopping lists to do the rest of the heavy lifting. There's more to the pescatarian diet than eating seafood. Get a healthy dose of vitamins and minerals from both the land and sea with the recipes and meal plan from The Pescatarian Cookbook.

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