

<<交换早、晚餐食谱可以使重量 >

图书基本信息

书名：<<交换早、晚餐食谱可以使重量减少更多 The Reverse Diet>>

13位ISBN编号：9780470168745

10位ISBN编号：0470168749

出版时间：2007-12

出版时间：John Wiley & Sons

作者：Tricia Cunningham

页数：260

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<交换早、晚餐食谱可以使重量 >

内容概要

Here is the breakthrough diet plan that has people all across North America eating better, losing weight, and getting healthier. Now you can stop counting calories, avoiding carbs, and feeling deprived. Eat dinner for breakfast and shed pounds! If you ' ve been a yo-yo dieter and nothing seems to work, this terrific new diet plan allows you to lose 20, 50, 100 pounds or even more for good, simply by reversing your meals. Dozens of tasty, easy recipes are included.

作者简介

Tricia Cunningham devised the Reverse Diet, lost over 150 pounds on the plan, and has maintained her weight loss for more than seven years. A motivational speaker, she has appeared on Today, Good Morning America, and The 700 Club, and in numerous national magazines. Her popular Web site is www.reversedietsolution.com.

书籍目录

Acknowledgments Tricia's Story Heidi's Story Introduction PART ONE: The Reverse Diet Weight-Loss Phase 1
What Is the Reverse Diet? 2 The Reverse Diet Food List and Reverse Diet Basics 3 Reverse Diet Meal Plans and
Meal Planning 4 Reverse Diet Portions—and Plateaus 5 Reverse Diet Motivation: Dealing with High-Risk
Moments PART TWO: The Reverse Diet Bridge Phase 6 The Reverse Diet Bridge Food List and Meal Plans 7
The Reverse Diet Accelerated: Building Lean Muscle and More PART THREE: The Reverse Diet Maintenance
Phase 8 The Reverse Diet for Life 9 Reverse Diet Recipes Appendix A Food Reality Check Appendix B Calcium
Sources Appendix C The Six Food Groups and Servings Index

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>