

## The Supermarket Diet (Hardback)

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## Reviews

*I actually started out reading this article ebook. This is for those who statte that there had not been a worth reading. Its been developed in an extremely easy way and it is just after i finished reading this book in which in fact modified me, change the way i really believe.* (Antonetta Ritchie IV)

## THE SUPERMARKET DIET (HARDBACK)



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Hearst, United States, 2005. Hardback. Condition: New. Language: English . Brand New Book. Shop and then drop.your weight! The trusted diet and nutrition experts at Good Housekeeping present a groundbreaking new way to navigate the supermarket aisles for weight loss-and achieve longlasting success. Real food for real folks--and real weight loss that you II be able to maintain. And it s all as easy as going to your local supermarket and picking up ordinary packaged convenience foods. Diets are among Good Housekeeping s most popular features, and now the magazine has created a diet revolution that everyone will want to join. Here, you will learn how to read food labels to eat healthy, shop for packaged foods that won t sabotage a diet, and stick to a healthy balanced menu that is low in calories, high in fiber, and moderate in carbs, fats, and protein. Why you will love this diet:\* It s inexpensive and easy: the food is affordable and most meal preparation takes less than 20 minutes.\* It s flexible: you can choose from an enormous variety of foods.\* It s forgiving: you can have chocolate, alcohol, and other treats without feeling like you ve blown it. There s even a Calorie Counter with 125-calorie snacks to satisfy cravings.The diet begins with a two-week Boot Camp, which consists of 1,200 calories a day for fast, motivational results-many people will lose three to five pounds. But don t worry--with such items as rotisserie chicken and burritos, you II come through without feeling deprived. Then, shift to Keep on Losin , a less rigorous daily plan of 1,500 calories--but one that s still highly effective! You might lose one to two pounds a week following these guidelines.To make things even easier, there are 100 mouthwatering recipes, many incorporating convenience foods--and...

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