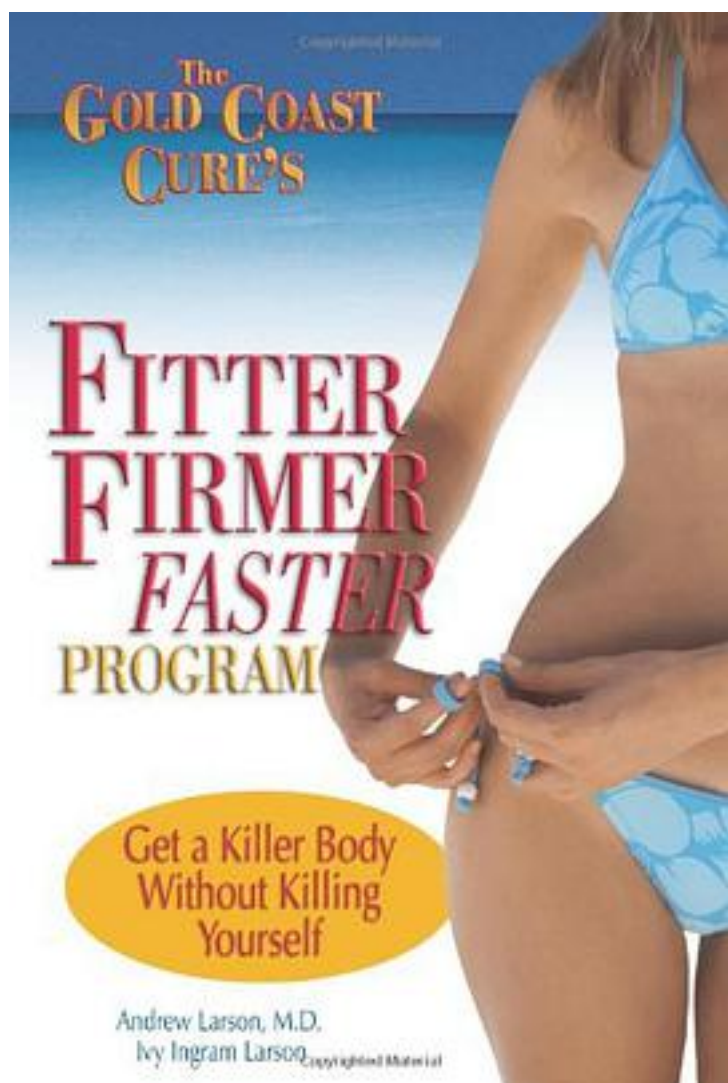


# The Gold Coast Cure's Fitter, Firmer, Faster Program



[The Gold Coast Cure's Fitter, Firmer, Faster Program\\_ 下载链接1](#)

著者:Larson, Andrew/ Larson, Ivy Ingram

出版者:Hci

出版时间:2006-12

装帧:Pap

isbn:9780757305566

Ditch the Unrealistic Low-Carb-Fat-Cal Diets and Enjoy a Simpler, Healthier "Whole" Approach to Weight Loss From the authors of the mega-hit weight-loss guide The Gold Coast Cure Let's be honest. Most diet books are so restrictive and extreme that without tremendous willpower, the average person is bound to fail. All that is about to change with The Gold Coast Cure's Fitter, Firmer, Faster Program. Written by a doctor and his wife whose breakthrough approach has helped thousands take off the pounds and fight disease, this program--designed with real life in mind--will help you slim down without deprivation, starvation, and complete frustration. Based on sound science, this three-pronged plan--a whole-foods diet, six supplements, and just thirty minutes of exercise three days a week--really works. The secret is not in what you can't have but what you can have. You'll learn how to trade harmful fats for healthy fats, swap refined carbs for whole carbs, and choose real foods with real nutrients that help burn fat. Best of all, you'll have the freedom to enjoy pasta, potatoes, bread, chocolate, and even a glass of wine or beer a day--every day--and still lose weight This easy-to-follow guide comes complete with: Over 50 delicious recipes plus two weeks of meals you can make in under 30 minutes Two do-at-home or take-to-the-park workouts that burn fat and build lean muscle A Brand-Name Shopping Guide that will save you time at the grocery store Say goodbye to that belly, or your apple or pear shape--it's time to get Fitter, Firmer, Faster.

作者介绍:

目录:

[The Gold Coast Cure's Fitter, Firmer, Faster Program 下载链接1](#)

标签

评论

-----  
[The Gold Coast Cure's Fitter, Firmer, Faster Program 下载链接1](#)

书评

-----

[The Gold Coast Cure's Fitter, Firmer, Faster Program 下载链接1](#)