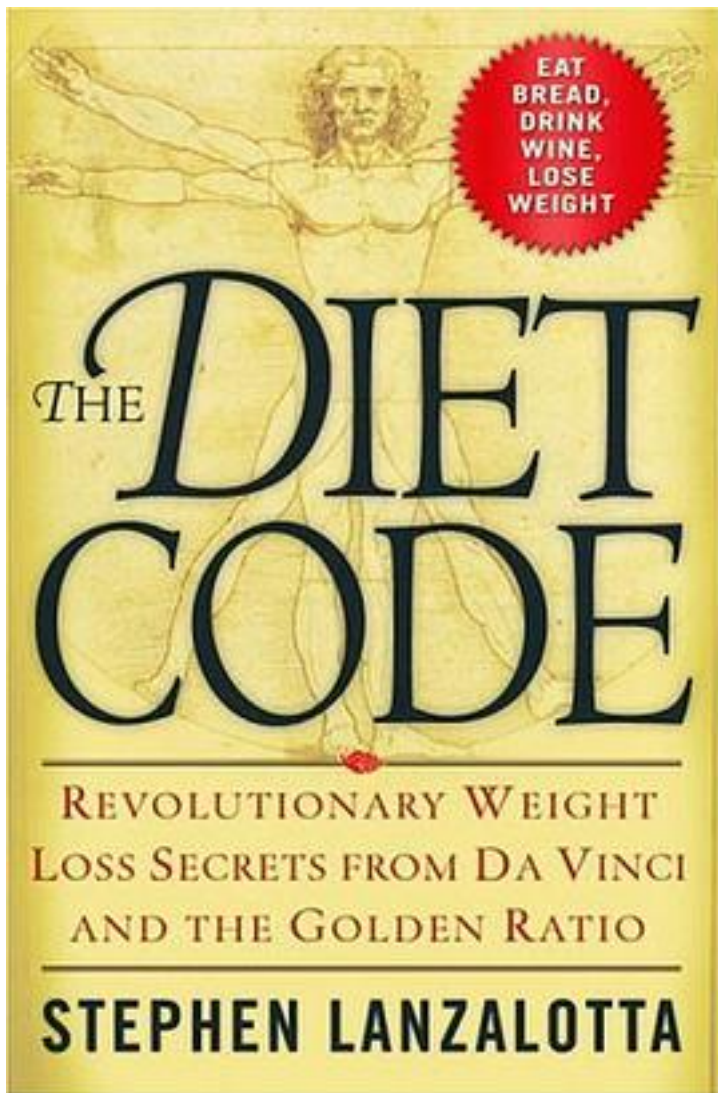


The Diet Code



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As a master baker, painter, and woodworker, Stephen LanzaLotta has used the mathematical principles of The Golden Ratio (an integral plot element in The Da Vinci Code) for more than 30 years. His realization that this seemingly magic formula, once used by Da Vinci, held the secret to optimal health and weight loss led him to apply it to his menu at his popular bakery/café. Thus was born The Diet Code, a revolutionary Mediterranean-style program that makes each meal as easy as 1-2-3 (1 part grain, 2 parts protein, 3 parts vegetable/fruit), to boost metabolism and spark weight loss. The plan reveals Renaissance foods that promote weight control and includes unique tips for diet success, including: * Eat bread -- but not without fat or protein * Cook pasta al dente to boost fat loss * Balance your plate by The Golden Ratio of carbs, protein, and fat. Combining menu plans and recipes, as well as Renaissance lore and Italian tips on healthy eating, this is a unique diet plan from the ages for the ages.

作者介绍:

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