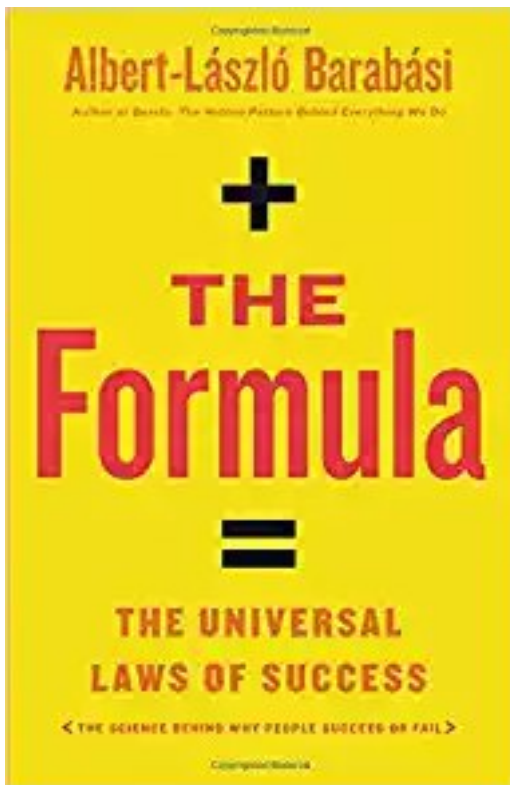


The Formula



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著者:Daoust, Gene/ Daoust, Joyce

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Are you frustrated by low-fat/high-carbohydrate or all-protein diets that don't work? Tired of white-knuckle restrictions or doing math at every meal? Fed up with a constant craving for sugars and carbohydrates? Do you wish you had a magic formula for losing weight and keeping it off? Well, now you do. . . .

Pioneering weight loss and certified sports nutritionists Gene and Joyce Daoust have personally helped thousands of people lose weight, tone up, and enjoy a healthier,

more fit lifestyle. Their advice? Drop the rice cakes and calorie-counting, and stop trying to figure out those complicated "food blocks." The Formula teaches an easy way to balanced nutrition that will have you burning fat 24-hours a day while eating foods you enjoy! Featuring menu plans, shopping lists, and progress charts, The Formula provides a personalized program for each person's specific needs and body type. So whether you're a couch potato, a professional athlete, or somewhere in between, you'll discover:

- * Five different versions of the Formula--and how to find the right one for your weight and activity level
- * The 21-Day Fat Flush Formula for accelerated weight loss
- * More than 200 delicious recipes, including perfectly balanced 40-30-30 fajitas, chili, pork tenderloin, and New York cheesecake
- * Special Kids' Favorites and Family Style meals
- * Healthy advice on prepared foods, fast foods, and vegetarian meals

A plan for life, The Formula is a dieter's dream--the lifetime secret to losing weight, staying slim, and feeling great!

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