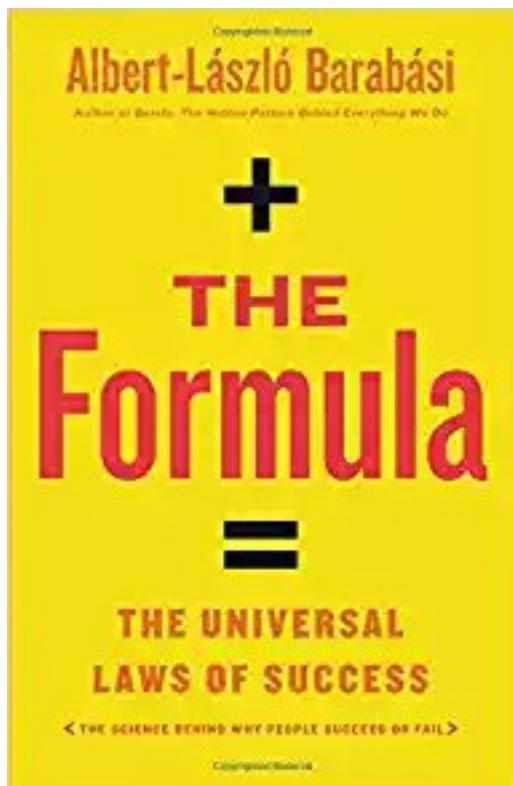


# The Formula



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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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