

Sugar Busters! Shopper's Guide



[Sugar Busters! Shopper's Guide 下载链接1](#)

著者:Steward, H. Leighton

出版者:Ballantine Books

出版时间:

装帧:Paperback

isbn:9780345435347

Sugar Busters!--the groundbreaking # 1 New York Times bestseller--forever changed the way Americans eat, blowing the lid off the real culprit behind weight gain and offering a delicious new approach to diet and health. Now, with this revolutionary shopping guide, the Sugar Busters program can easily become part of your busy life. Forget measuring, weighing, and counting fat grams and calories. Throw those charts and graphs out the door! This handy book takes you aisle by aisle through the grocery store, pointing out exactly what you can and cannot eat, including: - fruits and vegetables- fish, meat, and poultry- dairy- breads and grains- sweets- brand-names and frozen foodsand more!Just place the items in your shopping cart and be on your way to preparing the tasty, healthy meals that have made Sugar Busters! a phenomenal success.

作者介绍:

目录:

[Sugar Busters! Shopper's Guide_ 下载链接1_](#)

标签

评论

[Sugar Busters! Shopper's Guide_ 下载链接1_](#)

书评

[Sugar Busters! Shopper's Guide_ 下载链接1_](#)