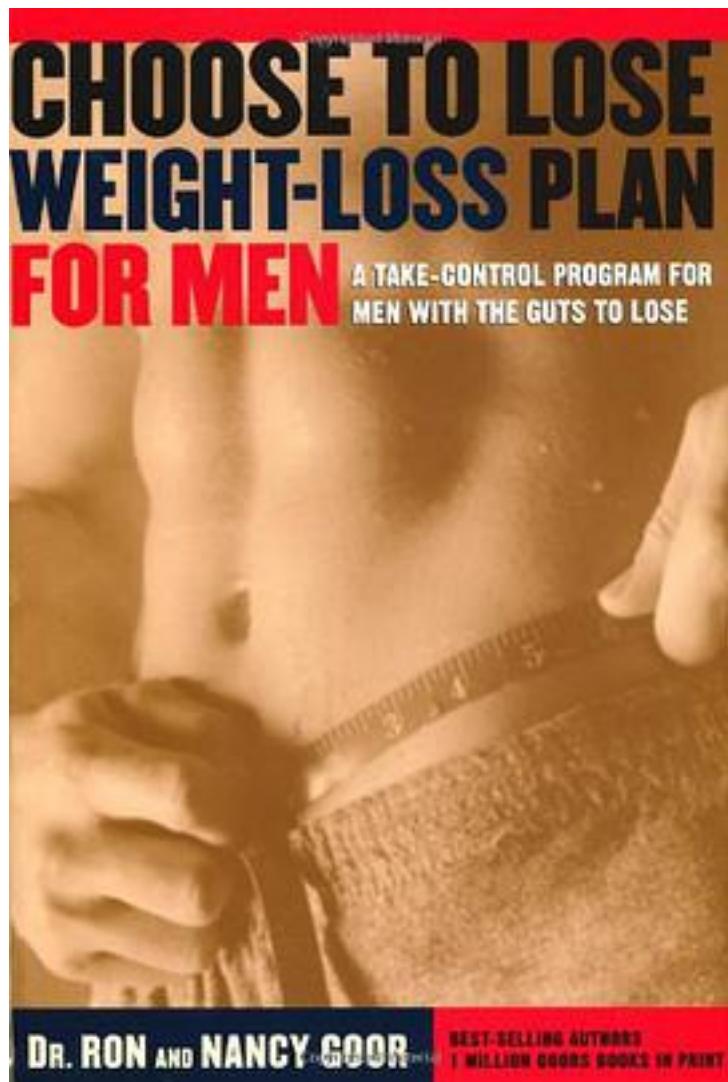


# The Choose to Lose Weight-Loss Plan for Men



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THE CHOOSE TO LOSE WEIGHT-LOSS PLAN FOR MEN empowers you to control your weight by giving you all the information necessary to create your own clear, quantitative "fat budget." No gimmicks, no fluff. No single food is off limits or forbidden. You can eat as much as you like. In addition, an entire section is devoted to aerobic exercise, stretching, and weight training, to take maximum advantage of the fat-burning potential of the male body. This is not a fad diet but a sustainable, even enjoyable way of life for today's man. \* Choose what you want to eat, when you want to eat, and how much you want to eat \* Food tables reveal the calorie and fat contents of more than 6,000 foods, including brand-name convenience foods and items from fast-food chains

作者介绍:

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