

Secrets of the Lean Plate Club

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"The seasoned creator of the hot *Washington Post* diet column elegantly coaches us through an eight-week balanced program for sustainable, healthy weight loss that everyone can follow. Climb on board."

—Melissa C. Orz, M.D., coauthor of the *New York Times* bestseller *You: The Dieter's Manual*



A Simple Step-by-Step Program to Help You
Shed Pounds and Keep Them Off for Good

SALLY SQUIRES, M.S.

Health Reporter for *The Washington Post*

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“The seasoned creator of the hot Washington Post diet column elegantly coaxes us through an eight-week balanced program for sustainable healthy weight loss that everyone can follow. Climb on board.” – Mehmet C. Oz, M.D., coauthor of the New York Times bestseller You: The Owner’s Manual As recent studies have shown, you can lose about the same amount of weight on any of the most popular diets out there. The problem is keeping it off. In Secrets of the Lean Plate Club , you will learn how to pick the best weight loss program, tailored to your own personal needs.

Join the millions of people who have shed pounds and kept them off with Sally Squires’ unique, ‘non-diet’ approach that will help you:

*Develop an eight-week customized, personal weight loss program

*Eat smart and move more

*Rediscover the joy of eating well with delicious recipes and healthy meals from famous chefs

*Learn how to develop healthier habits and keep your weight under control

Sally’ s tools for choosing the best foods, habits, and activities can help you achieve a healthy weight and make your results stick once and for all! Secrets of the Lean Plate Club is the first and only step you’ ll need to keep the weight off and to live a leaner life.

“A must-read for anyone who is serious about dropping the extra pounds.”

– Karen Miller-Kovach, M.S., R.D., chief scientific officer, Weight Watchers International Inc. Sally Squires has a master’ s degree in nutrition from Columbia University and is an award-winning, nationally syndicated columnist with The Washington Post. Her column, The Lean Plate Club, is featured every Tuesday in HEALTH and at WashingtonPost.com. She lives in Washington, D.C.

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