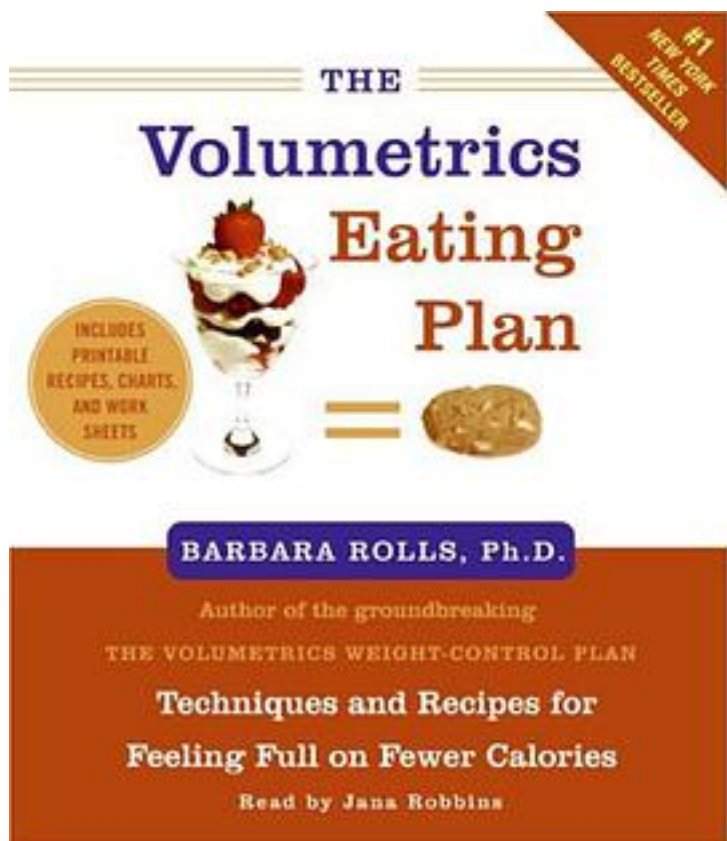


The Volumetrics Eating Plan CD



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著者:Barbara J. Rolls

出版者:HarperAudio

出版时间:2007-07-01

装帧:Audio CD

isbn:9780061463044

No more "forbidden foods" or monotonous meals— The Volumetrics Eating Plan will revolutionize the way you think about managing your weight. Quit "dieting" for good. Feel full on fewer calories. Lose weight and keep it off while eating satisfying portions of delicious, nutritious foods. The Volumetrics Eating Plan doesn't eliminate food groups or overload you with rules. It's a commonsense, scientifically sound approach to eating that shows you how to choose foods that control hunger while losing weight.

Along with menu planners, charts, and sidebars on healthy food choices, the recipes put her revolutionary research into simple instructions for every meal. With this important new guide to healthy eating, you can enjoy tasty and satisfying meals that will help you maintain your weight or lose those extra pounds while learning the pleasures of cooking the Volumetrics way.

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