

# The F-Factor Diet



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A top nutritionist reveals the secret to permanent weight loss. To help her busy clients ditch the fad diets, Tanya Zuckerbrot spent more than a decade designing a healthful, delicious, sustainable diet that sheds pounds, boosts energy, lowers cholesterol, and reduces the risk of heart disease and diabetes. The F-Factor Diet presents a fresh take on eating high-fiber carbs, and reveals the secrets to satisfying meals and lasting weight loss, including: - A simple three-stage program - A wide array of food choices - More than 75 delicious recipes-from appetizers through desserts-and a complete set of guidelines for those who don't want to cook - Journal pages and helpful hints to keep dieters on track

作者介绍:

目录:

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