

# The Park Avenue Nutritionist's Plan



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著者:Dr. Jana Klauer

出版者:St. Martin's Griffin

出版时间:2009-05-26

装帧:Paperback

isbn:9780312563431

Is your energy sagging? Do you wake up tired? Some days, do you feel older than your actual age? Do you want to lose weight? "The Park Avenue Nutritionist's Plan" is an energy diet that packs all of Dr. Jana Klauer's proven expertise into one simple program packed with tips and ideas to help you lose weight, gain vitality and feel lean, light and ready for anything You will learn: --How to break the bad habit of constant dieting--When to drink water, and how much--How to use high-protein snacks--When to have your first and last meals of the day--About high-impact foods like berries, leafy green vegetables, fish and dairy calcium--Why some energy shakes restore alertness but others sap it--What to do about caffeine--Whether you can drink alcohol or snack between meals Dr. Klauer's Park Avenue patients swear by her--after just a few days on her "Park Avenue Nutritionist's Plan," you will too

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