



The Digest Diet Cookbook: 150 All-New Fat Releasing Recipes to Lose Up to 26 Lbs in 21 Days! (Paperback)

By Liz Vaccariello

Reader's Digest Association, United States, 2014. Paperback. Book Condition: New. 246 x 170 mm. Language: English . Brand New Book. Eat up and slim down with this companion to the New York Times best-selling The Digest Diet, now in paperback. In The Digest Diet, Liz Vaccariello and the editors of Reader's Digest sifted through the latest weight-loss science to develop a groundbreaking 21-day eating plan demonstrated to help you drop the pounds. Real-life men and women who tried the plan--and lost up to 26 pounds! --raved about the food. The Digest Diet Cookbook gives readers 150 all-new fat releasing recipes so they can branch out with new foods but still maintain their weight loss results. In addition, the book includes: - Buying and storing tips for the 13 amazing fat-releasing foods - Guidelines on how to mix and match recipes to make your own menus -Quick and easy tips on organizing your kitchen and pantry to make cooking easier, shopping for and storing fat releasers, and scaling recipes to feed just the right number of people - More than 50 full-color photographs - Daily menus for vegetarians, travelers, and other special needs - Inspirational stories from our testers...



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