

THE DIET BOOK



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If you're looking for a total reset, take your diet back to the way our ancestors used to eat. (What a marvelous concept!) Founders of the Nom Nom Paleo website, Michelle Tam and Henry Fong, explain the nomadic Paleo lifestyle in a book that features more than a hundred recipes to use as a starting foundation.

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The book comes with a 2-week meal plan and a ketogenic diet food list, great for anyone starting out. The recipes within the book covers EVERYTHING, from breakfast, lunch, dinner, snacks, desserts, entrees, side dishes, drinks, and more. You can literally craft a 12-course meal of keto recipes from the little gem.

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But the book is hilarious and so much fun to read. Better yet, the tips that Dr. Wansink provides are easy to follow. This diet book is best for people who aren't ready for a full-scale diet and who don't have a lot of weight to lose. This program isn't a diet, but simply a guide to easy changes that can result in healthier eating habits.

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The Mayo Clinic Diet A weight loss program for life

The diet recommends getting at least 30 minutes of exercise every day and even more exercise for further health benefits and weight loss. The diet also emphasizes moving more throughout the day, such as taking the stairs instead of an elevator.

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Dietitian Picks 8 Favorite Diet Books

The Sonoma Diet by Connie Guttersen, PhD, RD (Meredith Books, 2005). Wine lovers, rejoice! Here is a diet book that allocates calories for wine and lots of wonderfully healthy food. The plan has a strict first phase but eases into a sensible diet plan similar to a Mediterranean approach with lots of healthy foods.

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