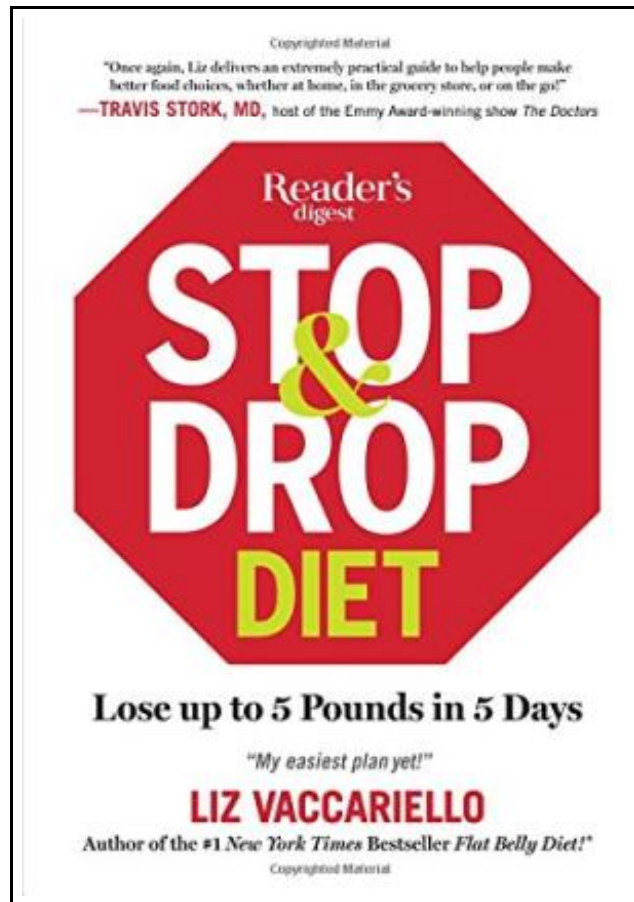


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Reader's Digest Association, United States, 2015. Hardback. Book Condition: New. 259 x 185 mm. Language: English . Brand New Book. New York Times best-selling author and Reader's Digest editor-in-chief Liz Vaccariello presents the easiest diet ever, offering quick and easy meals you can find or make anywhere you go using your favorite everyday brand-name foods so you can drop up to a pound a day! Want to drop up to a pound a day? You don't have to give up your favorite foods or become a slave to your stove. Just follow this guide to lightening up by making little tweaks to your favorite breakfast, lunch, dinner, and snacks. After analyzing the more than 40,000 products in the average supermarket plus menu items at popular chain restaurants and ingredients in everyday recipes, New York Times best-selling author and Reader's Digest editor-in-chief Liz Vaccariello reveals the hidden fat bombs you're eating and the simple, healthier substitutes that taste just as good. She tells you how to change brands, substitute similar foods, order better takeout and restaurant meals, and buy smarter at the grocery store. Losing weight has never been so simple! Featuring more than 500 photographs, Stop and Drop Diet offers a mix-and-match 3-phase meal plan that's designed for fast weight loss and maximum flexibility along with balanced nutrition for good health. In each phase, simply choose from the lists of quick and easy meals, which include a variety of: packaged foods from the supermarket, from Kellogg's Special K granola bar to Starkist Chunk Light Tuna to Progresso canned soups and Lean Cuisine frozen dinners restaurant and on-the-go choices, from Wendy's cheeseburger and McDonald's Egg McMuffin to Chipotle salads and TGIF's Sizzling Chicken and Spinach simple 5-ingredient recipes, from a banana-berry...



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