



Can I Have Chips?: Fill Up, Lose Weight, Feel Great

By Louise Graham

Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, Can I Have Chips?: Fill Up, Lose Weight, Feel Great, Louise Graham, FED UP WITH BEING OVERWEIGHT? Join millions of others and learn how to succeed at losing weight and stay your perfect size - without giving up chips and other starchy foods! Ditch the faddy diets! You may lose weight initially, but unless you can maintain your weight loss for six months - the time it takes for hunger hormones that are triggered by dieting to return to normal - you may end up heavier than before you started your diet. Based on the latest medical research, scientist Louise Graham explains that our modern diet makes us fat because it is highly palatable and energy dense. She reveals how you can lose weight permanently by increasing your intake of protein - more filling than other foods - and avoiding foods containing added sugar and added fat. A diet high in protein is not only an effective weight loss tool, it also partly compensates for the natural increase in appetite triggered by weight loss. There's no need for confusing calorie counting, intermittent fasting or expensive commercial diet products - just eat three,...



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