



Stop Drop Diet: Lose Up to 5 Lbs in 5 Days (Hardback)

By Liz Vaccariello

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,...



READ ONLINE

[1.57 MB]

Reviews

Extensive guide for ebook lovers. It generally does not cost excessive. Your way of life span will likely be convert the instant you complete looking at this ebook.

-- **Rocky Dach**

Certainly, this is the very best work by any author. It is amongst the most remarkable publication i have got study. I am just happy to inform you that this is actually the greatest pdf i have got study inside my individual daily life and can be he very best publication for at any time.

-- **Gilbert Rippin**