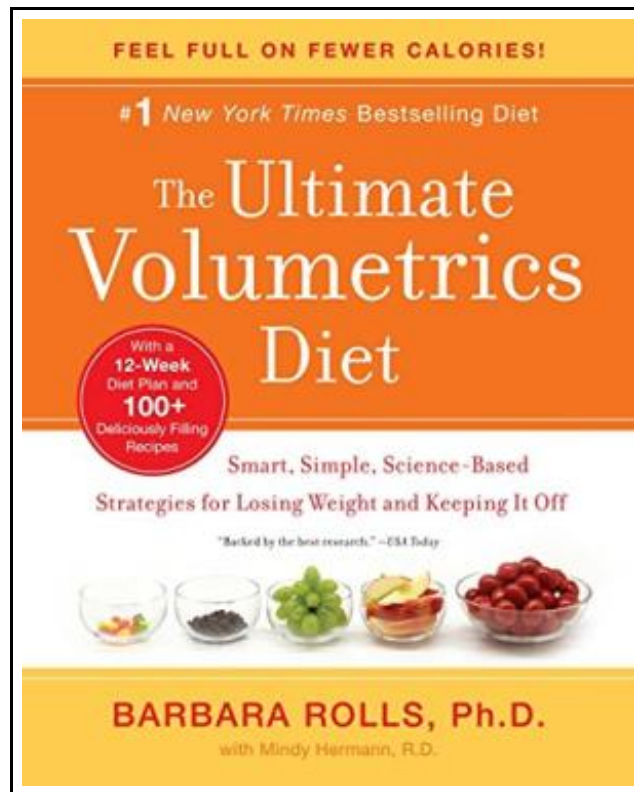


## The Ultimate Volumetrics Diet: Smart, Simple, Science-Based Strategies for Losing Weight and Keeping it Off



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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Ultimate Volumetrics Diet: Smart, Simple, Science-Based Strategies for Losing Weight and Keeping it Off, Barbara J. Rolls, Mindy Hermann, Lose weight and keep it off while managing your hunger: That's the simple and effective promise of Volumetrics, the numbered 1 "New York Times" bestselling diet and lifestyle plan that for more than a decade has shown readers how to feel full on fewer calories. In "The Ultimate Volumetrics Diet", Dr. Barbara Rolls expands on her time-tested message with new findings, recipes, and user-friendly tools. Dr. Rolls' twelve-week program supports readers step-by-step as they develop new habits to help them lose weight and keep it off - and her 105 delicious recipes, divided into thirty-five food categories, provide a foundation for personalizing and preparing everything from breakfast favorites to main courses to desserts. Features Include: budget and time-saving tips for losing weight; myth busters shattering common beliefs about diets and dieting; food shopping strategies and options for saving time or saving money; game plans for eating out, including menu buzz words, key questions, and calorie labeling; new tips for feeding the family and camouflaging veggies in favorite dishes; before-and-after photos comparing standard and volumetrics recipes, with tips on how they were adapted to provide more food for the calories; and much more.

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