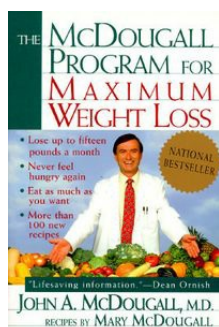


THE MCDUGALL PROGRAM FOR MAXIMUM WEIGHT LOSS

Lose weight, eat as much as you want, feel healthy, and look great. This may sound like an impossible dream, but with The McDougall Program for Maximum Weight Loss it is a dream come true for thousands of people. In this groundbreaking book, Dr. John A McDougall draws on the latest scientific and medical evidence about nutrition, metabolism, and...



READ/SAVE PDF EBOOK

The McDougall Program for Maximum Weight Loss

Author	John A. McDougall
Original Book Format	Paperback
Number of Pages	336 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	8.20 MB

Click the button below to save or get access and read the book The McDougall Program for Maximum Weight Loss online.



Peek Inside the Book

Eliminate All High-Fat Plant Foods High-fat plant foods include nuts, nut butters (such as peanut and almond butter), seeds, seed spreads (tahini), avocados, olives, coconut, and soybean products, including tofu (which is 54 percent fat). These vegetable foods are high in fat, which is effortlessly stored in your adipose tissue. They provide only meager amounts of carbohydrate to satisfy your hunger. Because John A. McDougall, The McDougall Program for Maximum Weight Loss //

Reader's Opinions

This is a little dated, and some of the statements have been overturned by more recent research, but the basic principles are still intact. Eat plants, not animals, for the best health.

A solid and simple approach to weight loss that is bogged down by somewhat irrelevant chapters, outdated science and specious reasoning. Then again, this book is more than twenty years old now and I read it out of curiosity. Although...