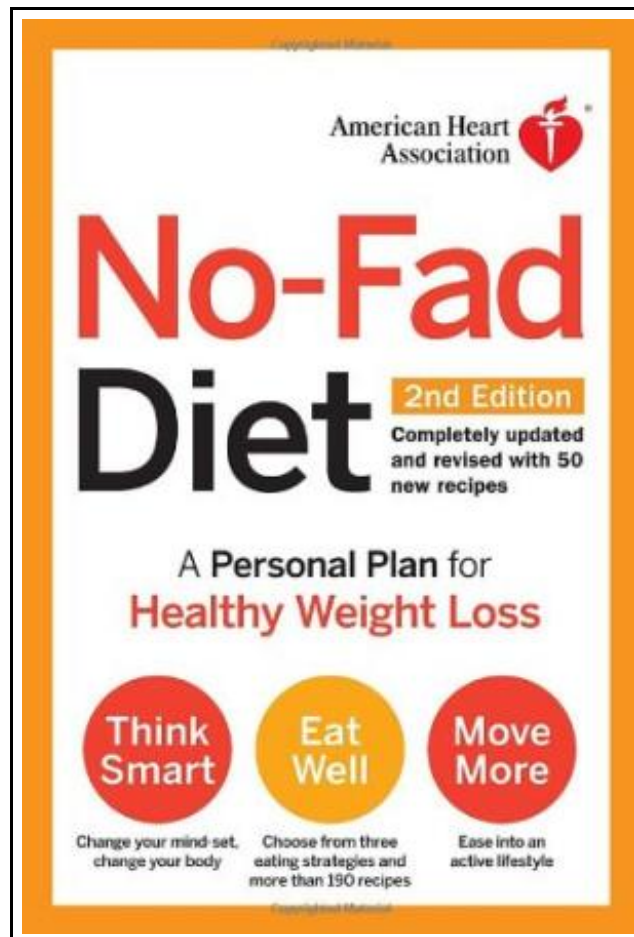


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Clarkson Potter, 2011. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Lasting weight loss doesn't come from following extreme diets or quick-fix fads. Being able to lose weight and keep it off comes from choosing the lifestyle habits that make sense for you in the long term. If, like millions of other Americans, you are struggling to lose weight, this second edition of the American Heart Association No-Fad Diet will show you how to find just the right combination of attitude, eating, and exercise to achieve your goals in an effective and healthy way. Updated with the latest information on nutrition science and weight management, No-Fad Diet leads you through an assessment of your current eating and exercise habits and then helps you create a personalized program to fit your weight-loss needs and your lifestyle, instead of you having to follow a one-size-fits-all approach to dieting. This new edition also offers nearly 200 delicious, low-calorie recipes, including 50 brand-new dishes. You can lose weight while enjoying: - Lemon-Ginger Trail Mix - Creamy Broccoli Soup with Sour Cream and Cheddar - Taco Salad with Avocado Dressing - Tuna Lettuce Wraps with Asian Sauce - Cheesy Chicken and Quinoa Stir-Fry - Grilled Sirloin Kebabs with Creamy Herb Dipping Sauce - Moussaka-Style Eggplant Casserole - Slow-Cooker Black Bean Chili - Mango-Berry Sweet Cream Tarts A practical, hands-on guidebook, No-Fad Diet includes two weeks of sample menus for three different calorie levels, guidelines for meal planning, useful tips on food shopping and dining out, and an improved and expanded toolkit section to help you both create your personalized plan and ensure that you'll stay on track to reach your goals. If you're fed up with fads and want a realistic approach for a lifetime of effective weight control...



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