

<<最佳纽约饮食THE ULTIMATE >>

图书基本信息

书名：<<最佳纽约饮食THE ULTIMATE NEW YORK DIET>>

13位ISBN编号：9780071475822

10位ISBN编号：0071475826

出版时间：2007-1

出版时间：McGraw-Hill

作者：Kirsch, David

页数：327

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<最佳纽约饮食THE ULTIMATE >>

内容概要

When supermodel Heidi Klum needed to get into tip-top shape for the Victoria's Secret fashion show--just eight weeks after giving birth to her second child--she turned to a miracle worker, celebrity fitness trainer David Kirsch, and his Ultimate New York Diet. But you don't have to be a celebrity--or a New Yorker--to reap the benefits of this fresh approach to a healthy, fit lifestyle. All you need is the desire to take control of your eating and your body and the willingness to change your life for the better. Once you take that first step to a new, improved you, there's no limit to how fabulous you can look and feel! The Ultimate New York Diet provides the tools to slim down safely in record time: A diet that's broken into three phases over the course of eight weeks, so you can see results fast and be inspired to stay on track Advice on how to make healthy choices at all types of restaurants, allowing you to eat out every night 64 quick, easy-to-prepare recipes for healthy, satisfying meals Ten-minute workouts you can do anywhere--from your cubicle to a taxi cab--that will leave you feeling exhilarated and more focused David Kirsch, author of the wildly popular The Ultimate New York Body Plan, has written this book for the needs of people with busy, multitasking lives--people who want to be on top of their game when it comes to their careers and their bodies. This is not just a diet; it's a life transformation. After completing The Ultimate New York Diet, your attitude toward food, exercise, and wellness will be forever changed and you'll finally have the key to a fit and fabulous body.

<<最佳纽约饮食THE ULTIMATE >>

书籍目录

Foreword Acknowledgments Introduction CHAPTER 1 Welcome to the Ultimate New York Diet
CHAPTER 2 The Ultimate New York Eating Plan CHAPTER 3 The Ultimate New York Supplement
Plan CHAPTER 4 The Ultimate New York Fitness Plan CHAPTER 5 The Ultimate New York Walking
Plan CHAPTER 6 Living the Ultimate New York Diet CHAPTER 7 The Ultimate New York Meal Plan
CHAPTER 8 The Ultimate New York Recipes CHAPTER 9 Embracing Everything New York
CHAPTER 10 Eating Out Appendix : Converting to Metrics Bibliography Resources Index

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>