

图书基本信息

书名：<<交换早、晚餐食谱可以使重量减少更多 The Reverse Diet>>

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<<交换早、晚餐食谱可以使重量 >

内容概要

Here is the breakthrough diet plan that has people all across North America eating better, losing weight, and getting healthier. Now you can stop counting calories, avoiding carbs, and feeling deprived. Eat dinner for breakfast and shed pounds! If you ' ve been a yo-yo dieter and nothing seems to work, this terrific new diet plan allows you to lose 20, 50, 100 pounds or even more for good, simply by reversing your meals. Dozens of tasty, easy recipes are included.

作者简介

Tricia Cunningham devised the Reverse Diet, lost over 150 pounds on the plan, and has maintained her weight loss for more than seven years. A motivational speaker, she has appeared on Today, Good Morning America, and The 700 Club, and in numerous national magazines. Her popular Web site is www.reversedietsolution.com.

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