



The 20/30 Fat & Fiber Diet Plan: The Weight-Reducing, Health-Promoting Nutrition System for Life (Harper Resource Book)

Gabe, M.D. Mirkin, Barry, PhD Fox

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Discover the healthy way to eat right and lose weight!

Stop worrying about what to leave off your plate and add the all-important ingredient for any super-effective diet: fiber. Doctors and nutritionists agree that a low-fat, high-fiber diet will help you shed weight, prevent disease, and improve overall health quickly and easily. Building on these principles of healthy eating, this safe, proven, and easy-to-manage program fits any lifestyle and includes:

- More than 100 delicious high-fiber, low-fat recipes
- content listings for more than 5,000 favorite foods
- a handy plastic counter wheel to help you track your daily fat and fiber intake and figure out what you can eat freely and what you should cut back on or avoid.

The 20/30 Fat & Fiber Diet Plan will dramatically improve how you look and, more importantly, how you feel--and get you started on a lifetime of healthy living.

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