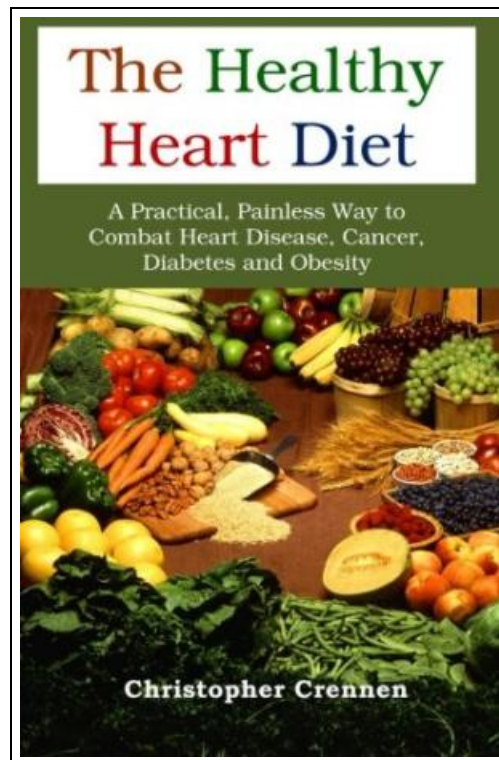


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Reviews

This is an remarkable publication that I have ever read. Indeed, it is actually engage in, nevertheless an interesting and amazing literature. I am just happy to inform you that this is the best publication i have got go through during my personal lifestyle and may be he finest ebook for actually.




(Toby Baumbach)

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Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A healthy diet that is quick and easy, satisfying, affordable and practical. There are many good books on eating a healthy diet. My favorite is Eat to Live by Dr. Joel Fuhrman. Prevent and Reverse Heart Disease by Dr. Caldwell Esselstyn is also good. The weakness of these books, as I see it, is the recipe sections. The recipes are wonderful if you have a staff of maids and cooks to do the shopping, cooking and clean-up. Or if you re retired and enjoy spending a lot of time in the kitchen. But for many people speed and convenience are critical. Witness the explosion of unhealthy convenience foods and fast food restaurants over the last several decades. For busy people who don t want to spend time preparing food, fast food may seem like the only practical alternative. This book describes an easy, convenient way to eat a healthy diet. Relying heavily on frozen vegetables and a microwave oven, The Healthy Heart Diet offers a diet that is easy to shop for, quick and easy to prepare and quick and easy to clean up. The diet is satisfying. Processed foods with added oil, sugar or refined flour are eliminated in favor of high-fiber, high-nutrient, whole foods that fill you up and keep you satisfied. You can eat to your heart s content and still lose weight. The diet is affordable (about \$7.00 per day). Store names, brand names and prices are compared for the four largest U.S. food retailers. The diet is practical. The diet and daily menu followed by the author for the last 31/2 years are described in detail. The final section includes a list of motivational resources (persuasive DVDs,...

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