



The Supermarket Diet (Hardback)

By Janis Jibrin

Hearst, United States, 2005. Hardback. Condition: New. Language: English. Brand New Book. Shop and then drop.your weight! The trusted diet and nutrition experts at Good Housekeeping present a groundbreaking new way to navigate the supermarket aisles for weight loss-and achieve long-lasting success. Real food for real folks--and real weight loss that you ll be able to maintain. And it s all as easy as going to your local supermarket and picking up ordinary packaged convenience foods. Diets are among Good Housekeeping s most popular features, and now the magazine has created a diet revolution that everyone will want to join. Here, you will learn how to read food labels to eat healthy, shop for packaged foods that won t sabotage a diet, and stick to a healthy balanced menu that is low in calories, high in fiber, and moderate in carbs, fats, and protein. Why you will love this diet:* It s inexpensive and easy: the food is affordable and most meal preparation takes less than 20 minutes.* It s flexible: you can choose from an enormous variety of foods.* It s forgiving: you can have chocolate, alcohol, and other treats without feeling like you ve blown it. There...



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-- Joshua Gerhold PhD

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-- Meagan Roob

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