

A PROVEN 21-DAY PROGRAM THAT CHANGES THE
WAY YOU FEEL TO TRANSFORM THE WAY YOU LOOK

The
LOVE

DIET

New York Times Bestselling Author of *The Sonoma Diet*
CONNIE GUTTERSEN, R.D., PH.D.
& MARK DEDOMENICO, M.D.

The Love Diet Connie Guttersen

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The Love Diet Connie Guttersen, Mark Dedenomico, 2016-05-03 All You Need is Love From the New York Times best selling author of The Sonoma Diet and the acclaimed medical director of 20 20 Lifestyles one of the country's most successful weight loss clinics comes the revolutionary plan that will forever change the way you feel about food yourself and how you look According to doctors Connie Guttersen and Mark Dedenomico the secret to successfully losing weight isn't HDL LDL or DNA It's LOVE loving yourself loving your body loving your overall health Self doubt and self loathing are responsible for our dysfunctional relationships with food and our destructive health habits which inevitably lead to poor nutrition unwanted weight and dangerously low self esteem Learning to recognize your own worth is the first step to finding the waistline and the life you deserve Drawing on their revelatory research the latest science on nutrition and weight loss and thousands of patients accounts Dr Guttersen and Dr Dedenomico have developed the Love Diet an accessible practical and proven plan to transform your body emotionally mentally and physically from the inside out The Love Diet includes 21 days of meal plans for breakfast lunch snacks and dinner based on ideal nutrient distribution and nutritional strategies for both men and women Illustrated power pairings for feel good meals and easy to manage portion control Anti inflammatory diet strategies to limit the metabolic syndromes of obesity Low glycemic meals specifically designed to optimize your body's blood sugar level decrease cravings improve energy and promote weight loss Micronutrient information related to the science behind the gut brain connection Combining good nutrition with positive emotional reinforcement The Love Diet can deliver sustained weight loss and radically transform your mind body and soul

The Sonoma Diet Connie Guttersen, 2005 Offers an approach to weight loss and control that emphasizes whole grains lean meats olive oil and fruits and vegetables with tips on portion sizes meal plans flavorful recipes and nutritional guidelines

Lunch Buddies Lynette Fleming, Susan Dudra, 2009-01-01 Want to cash in on the movement back to the brown bag lunch Are memories of soggy sandwiches and salty chips holding you back We will teach you how to turn the old brown bag lunch into dining at its finest in the comfort of your office breakroom saving you money time and calories in the process Inside the cover of this fascinating book filled with amusing anecdotes and historical tales about the world's healthiest foods you will find more than 90 delicious recipes which easily can be adapted to the brown bag This book as no other does will teach you how to rely on friendship to achieve a better diet while lowering your food costs and saving time For years fitness experts have recommended exercising with a buddy as a way to retain our interest and motivation If you've ever tried it you know it works Now it's time to apply that principle to lunch and this book is just the tool to help you do it

The Publishers Weekly, 2006 **New York**, 2006 **Market Watch**, 1981 **The Ladies' Home Journal**, 2006 **Ladies' Home Journal**, 2006 *Foodways and Folklore* Jacqueline S. Thursby, 2008-03-30 A comprehensive introduction to the folklore of food from the early Native American cultures to the multicultural cuisine of the present day

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