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YOU ARE WHAT YOU EAT

The Plan That Will Change Your Life



"Slimmer, healthier, and happier...that's my promise to you."

DR. GILLIAN McKEITH

Gillian McKeith

You Are What You Eat: The Plan That Will Change Your Life



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From the writer of Gillian McKeith's Food Bible and Slim for Life With over 2 million copies sold worldwide, Gillian McKeith' By encouraging you to consume more nutrient-dense, flavorful whole foods, You Are EVERYTHING YOU Eat will educate you on how to remain healthy and satisfied.s "s You Are EVERYTHING YOU Eat is a national bestseller that has changed the way people think about food and nutrition.You Are What You Eat also includes:Gillian McKeith' You Are EVERYTHING YOU Eat features real-life diet plan makeovers and case research, easy to use lists and charts, and beautiful color photographs.A 7-Day jumpstart planThe Meals IQ TestComplete shopping guideline and meal planHealthy and delicious Mediterranean-inspired recipesYou Are EVERYTHING YOU Eat is a clear, no-nonsense nutritional guide to a wholesome life.Diet of Abundance"



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