

# Suzanne Somers' GET SKINNY ON FABULOUS FOOD

THE AMAZING FOLLOW-UP TO  
THE NEW YORK TIMES BESTSELLER  
EAT GREAT, LOSE WEIGHT!

- LOSE WEIGHT EATING FATS
- MORE THAN 350 NEW SOMERSIZED RECIPES
- OVER A HALF MILLION PEOPLE SOMERSIZING



FOREWORD BY DIANA SCHWARZBEIN, M.D.

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NEW YORK  
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*Suzanne Somers*

## **Suzanne Somers' Get Skinny on Fabulous Food**



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Somersize your way to weight loss and good health! This lifestyle-altering book provides you with:\* The guilt-free way to lose weight and reprogram your metabolism -- including a lot more than 100 delicious Somersized recipes that leave both of you pleased and indulged\* Breakthrough analysis on food and nourishment that changes the way you consider your body\* Shifting personal testimonials assured to motivate and encourage you\* An easy-to-stick to weight-loss plan that teaches you how to combine foods properly so that you'll get, and stay, skinny without feeling deprived Join the millions of people who have lost weight safely and effectively with Obtain Skinny on Fabulous Food and start celebrating good health and good times with Suzanne's delectable, basic, and balanced Somersized foods. In Obtain Skinny on Fabulous Food, the number one New York Instances bestseller and sequel to consume Great, Lose Weight, which also went to the top of the changing times list, Suzanne Somers will show you how to shed pounds for good and have more energy than previously -- without dieting. Find out why Somersizing has swept the nation!



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Say Good-bye To Fat I will NEVER be fat again. This is such a delicious method to lose weight. It isn't even like becoming on a diet plan at all. I'm already down 13 pounds. Her plan includes: Eliminating sugar, starch, white flour, caffeine and alcoholic beverages. I've never lost fat this fast. I really like this book.!! First time Somersizer a believer! I have to admit that I don't possess very much fat to lose, but it was becoming very hard to kick those 7 pounds that had crept up on me in my mid-thirties.!!" I understood that my sugar addiction would have to be kicked if I were to obtain anywhere on a diet plan, and calorie counting was not helping me. Diet alone cannot assist you to loose weight, so she also recommends exercise.!! (Very first thing each morning.. The big pleasure of this past 6 months was buying a totally new closet of size 8 and 10 pants (putting the size 12 with elastic waists in a box--never to be worn once again. My one-year old also loves them. This reserve taught me how exactly to consume sensibly, and I would recommend that you test it out for if other diets don't work for you. Everyone I know appears to be on this diet. My relatives are dropping pounds and swear by "Somersizing." Suzanne Somers discovered the dietary plan while seated in a garden in a medieval French village. That tells me it must end up being a great diet! I lost 10 pounds quickly, and am now steadily dropping a pound or two a week. After finishing a delicious dinner, she stood up and picked some cherries from a tree overhead. So as a family, we are firmly into the program. It turned out to be true and she uncovered the centuries-old theory of meals combining. Her plan is low in sugar and carbohydrates, but permits all sorts of fruits. This diet allows proteins and fats to be eaten together, but never with carbohydrates. This dictates that certain foods must under no circumstances be eaten together. You are what you eat, and Suzanne experienced made that abundantly apparent. I found a vintage Somersize publication of mine and I believed "Why did I ever stop this? She's tried all the other diets and lastly found one that worked for her.. She finally tried meals combining and it worked. Please, try her plan, and you will feel better and look better. She believes glucose was the enemy. She recommends going cool turkey the first week you are on her diet. We saw Suzanne on a red carpeting interview, and it reminded me that she had had a diet come out in the 90s. One issue she says is certainly that you should give yourself at least a couple weeks to start to see the results. My goal was to become down 15 pounds. All of Somers' diet plan books are excellent. Proteins can be consumed with cheese, butter and vegetables. Pasta may be eaten with veggies. You must wait three hours between foods if switching from a proteins/fat meal to a carbohydrate meal or vice versa. Neglect them! It sounds basic until you need to quit your buttered toast with jam and tea! You find out simply which foods to mix, which to avoid, and when to eat breads and fruit. fruits, protein, fats, carbos, veggies. Therefore, give this diet a try. My uncle has dropped several pounds and swears by food combining. That needs to be proof plenty of! Go body. He also loves to eat! Any time I wish to gorge myself, I make her Eggplant Parmesan with a salad, and feel just like I've consumed something forbidden, yet I don't gain an ounce. When she hit 40, her metabolism slowed up and she was obtaining fewer and fewer results.. Four Stars Good The food is really good, and the diet totally works for me. IT Functions! I was religiously pursuing calorie-counting, even though I've examine that "a calorie is NOT a calorie.!! I decided to order her book, and I'm so happy I did so. It is a must read for anyone who would like to lose excess weight and see results quickly. I am tired of al the latest nutrition/diet books that are difficult to follow in case you have as normal existence in real life. Vegetables, breads, cereal and pasta may never be eaten with body fat or proteins." It really is delicious, easy and flexible in our world. Wonderful book Suzanne's book has been a wonderful discovery for me personally. Fruit must however be eaten on a clear stomach. MANY THANKS, Suzanne, for displaying us this Way of Eating! continued success I wrote a review about 8 months ago - have maintained my pounds - am able to eat some "funky" foods and unfortunately I don't exercise so it is all maintained by food combining. Suzanne Somer's eating ideas are existence savers for those of us who gain weight eating the recommended low fat diet plans, or those of us who were raised on processed Velveeta, Twinkies and white breads. Somers is usually a gourmet cook who provides excellent recipes, great advice and a lot of encouragement. I don't view TV, and I don't know

Suzanne Somers from Adam, but someone lent me this reserve, I followed the dietary plan, and have kept the weight off with very little effort. My blood circulation pressure went from 142/96 to 110/64 in the initial three weeks of consuming meats, cheese, cream, and eggs with the extra fat left in, and now hovers in the 100/60 range. I love France..I've tried all the other eating plans. Eat at least three foods a day and don't skip meals. Go with Suzanne. Delicious! I think it is easy to do and we eat out a lot. I don't follow the recipes - just consume plain. Up to now I've only made her pork tenderloin and halibut with tomato-basil sauce, but they have been a hit in our home. i am hoping) My sister has been following a program for about 5 months and is also happy with her results. My hubby gained back a little fat as he previously to go off the program when on a trip where there have been "set meals". Her sponsor told her that would cause indigestion and maintain her up all night. The big matter is to eat a balanced diet during the day. I could eat all I want of rich, delicious foods. Her dishes are DELICIOUS and so rich. I already hardly eat sugars because I found Stevia, which tastes so much better than all those artificial sweeteners. It is therefore healthy -- it's the combining that retains the pounds off. I never feel deprived because I could eat every few hours easily desire to - and eat as much food as I want. At holiday meals, I ate funky meals, but immediately returned to Level I for a time or two. The rest of the time I am an even Two person. You do have to cook, nevertheless, you always know you're getting fresh, good food. It really is so easy to check out her very normal diet, and the weight just seems to come off so quickly. She lost 20 lbs. Five Stars Shed 40 pounds in 70 days. I gain very quickly, and all I can say is this diet works like a dream. You need to eat fruit alone on an empty stomach. Love the product Three Stars ok Three Stars good information!.To best it off, her diet program is a medical miracle. Stay off the sugars. I'm going to try the fruit idea for sure and try to incorporate more of her suggestions.I've lost over 4 pounds in a week . 5, and I'm almost over my sugars cravings.) I don't experience I'm lacking anything, and I've dropped my taste for sugar. Who needs it?~The Rebecca Review Delicious, Amazing, Simple. Every body differs, though, and what works for me personally may not do the job. Everyone I understand is sharing this publication with friends! Upgrade: My cholesterol amounts, once dangerously high, possess actually normalized as a result of staying on this diet.Today tell me, who are you aware who is 53 and looks as good as Suzanne Somers?



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