

"GET REAL" and **STOP Dieting!**

Forget the Fads, Get the Facts and Feel Fabulous



BRETT BLUMENTHAL

Brett Blumenthal

Get Real And Stop Dieting!



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Book by Brett Blumenthal



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Just a little dated but generally good Since this publication was published, saturated fat, especially coconut oil and butter, have already been clearly found not to cause heart disease; similarly egg yolks are no more considered harmful. But general the book does a good job of assisting the reader know very well what foods are good and which are dangerous. Eat genuine food and lose weight too When you can eat the kinds of foods that you love (in moderation, of training course) and lose weight, thinking about? Recommended for persons looking for the fundamentals in healthy eating. By focusing on entire foods, fiber, lean proteins, and healthy fats, one can construct a gameplan to stay healthy. Now that I've read GET REAL and enjoyed it, I anticipate keeping this reserve closeby to ensure I continue track with my nutrition and weight-loss goals. Great Simple Read! I learned some neat things – such as for example quinoa being truly a complete protein, and which fibers are soluble. Definitely worth reading if you would like to eat healthier or lose excess weight. I like the preferred brands chapter a lot, since it allows the reader to find the best items conveniently in the grocery store. And for anybody who want to cook, Brett contains recipe for every meal along with snacks and dessert. Brett Blumenthal's "GET REAL" and prevent Dieting eliminates much of the dilemma and contradiction people hear about nutritional information. I recommend this book! The diet for non-dieters Get real and stop dieting, by purchasing this book and following its diet plan.. She taught me that spices can often replace salt and sugars with relatively few calorie consumption. Great book I am enjoying scanning this book. The dishes and meal programs are good and though they perform exclude some fats recently 'cleared' for healthy eating, the tips for well balanced meals are good choices. It doesn't have all the answers and you ought to browse it with an open mind but some skepticism. It's easy to understand. It will be such a smooth transition to eating correctly and changing my thoughts about meals. get real and prevent dieting I really liked this.. enjoy I learned a bit from this little book Worth a read This is a good read and talks about a few of the shortcomings of "diets".brought up many good factors but We haven't finished all of it yet. Hoping to finish it soon. Informative The book was informative for individuals who want to eat healthy and want to comprehend the differences in the nutritional values and also the pluses or negatives between whole foods and processed foods. Four Stars very informative Good book I actually enjoyed reading the publication very much. Though it contained some info that I already know, I found some good advice. It made me think of eating even more of the right foods, such as veggies and fruit. I'm too active to learn those 300+ web page books on how best to get healthy. It's therefore straight-forward and concise. I REALLY LIKE Love Love this book I REALLY LIKE Love Love this publication. Highly Recommend! AND, bonus the quality recipes are easy to follow, with ingredients everyone is wearing hand. This publication was a quick two hour read and I made plenty of great notes.



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