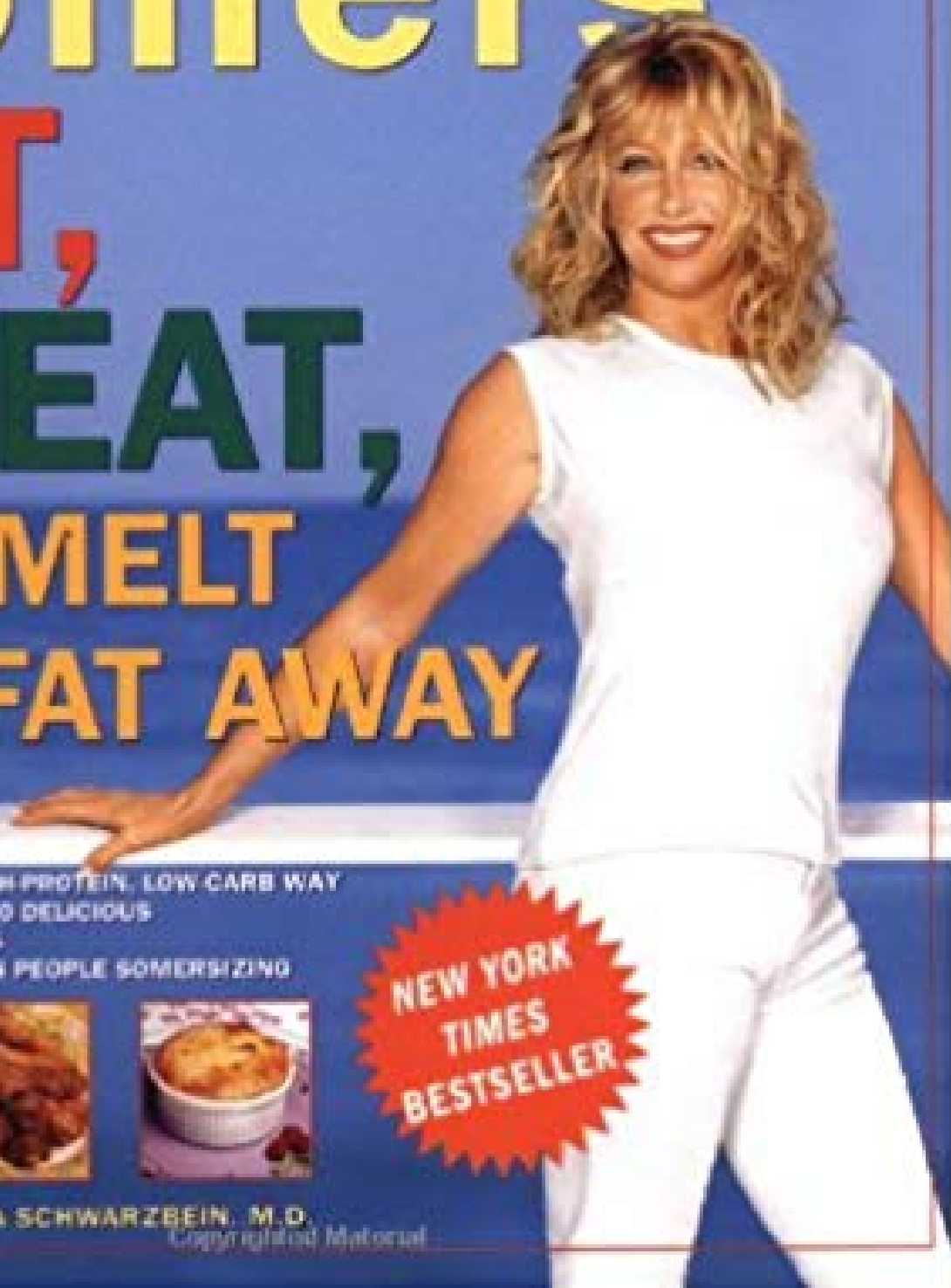


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Suzanne Somers'

EAT, CHEAT, AND MELT THE FAT AWAY



- LOSE WEIGHT THE HIGH-PROTEIN, LOW-CARB WAY
- ENJOY MORE THAN 100 DELICIOUS SOMERSIZED RECIPES
- MORE THAN 3 MILLION PEOPLE SOMERSIZING



NEW YORK
TIMES
BESTSELLER

FOREWORD BY DIANA SCHWARZBEIN, M.D.
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Suzanne Somers' Eat, Cheat, and Melt the Fat Away



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Find out how hundreds of thousands of people all across the country have got melted the pounds aside without dieting, with out deprivation -- the Somersize way! With her number one New York Times bestsellers *Eat Great, Lose Weight* and *Get Skinny on Fabulous Food*, Suzanne Somers spread the term about her innovative weight-loss program that's unlike any diet out there. Add the scallion, jalapeños, and cheese. Make gill part down over medium coals or in the broiler for five minutes. 5 hard-boiled eggs, halved lengthwise 1 tablespoon minced scallion, white and light green parts 1 huge jalapeno pepper, seeded and minced Juice from 1 lime 1 tablespoon mayonnaise 1/2 teaspoon kosher salt, or to taste red chili flakes for garnish Remove the yolks from the whites. You will be amazed at how the pounds just melt away when you eat hearty, wealthy foods like cheese, butter, meats, creamy sauces, and tempting desserts. The key is eating food in the proper combinations to achieve maximum weight loss, while also cutting your cholesterol and blood pressure. into the program so you never feel deprived, but still lose weight; It also supplies the latest Somersizing news, including: * how hormone imbalances have an effect on weight gain and how exactly to maintain your weight throughout every phase in your daily life, from puberty through your childbearing years to menopause; * how to Somersize with your children; * how to incorporate small " Unlike various other weight-loss programs, you don't need to eliminate entire meals groupings or skimp on portions -- instead, you can trim your waistline and increase your energy without depriving yourself of healthful, great-tasting foods. *Eat, Cheat, and Melt the Fat Away* explains Somersizing in detail for those who have arrive to the plan for the first time. * information regarding the remarkable new natural sugar that allows you to consume sweets and still stay slender; o, lime juice, mayonnaise, and salt. * Somersize achievement stories which will inspire you to lose excess weight and get healthy. And on top of that, *Eat, Cheat, and Melt the Fat Away* also includes more than 100 new Somersize recipes that will tantalize your tastebuds, including Pan-Fried Petrale Single with Lemon, Butter, and Caper Sauce; Deep-Fried Turkey with Fried Onions and Herbs; For extra warmth, garnish with red chili flakes. Her unique recipe includes avocado, which makes the filling green. Molten Chocolate Cakes; Raspberry Souffle; and much more. Portobello Mushrooms with Bubbling Pesto PRO/FATS AND VEGGIES -- LEVEL ONE Serves 4 These mushrooms make an excellent appetizer or a delicious accompaniment for a summer time meal alongside a steak. They work especially well if you are using your outdoor grill, nevertheless, you may also broil them in the oven. 4 huge portobello mushrooms Olive oil for brushing Salt and freshly ground black color pepper 1 recipe Basil Pesto (p. Convert the mushrooms over and spread a spoonful of pesto over the complete surface. Brush mushrooms with essential olive oil and period lightly. In her brand-new book, Suzanne Somers' 155) 4 tablespoons freshly grated Parmesan cheese Trim the stems off the mushrooms. Continue to cook for ten minutes or before mushrooms are very tender and the pesto is certainly bubbling. These are her delicious deviled eggs. Dawn's Deviled Eggs PRO/Fat AND VEGGIES -- LEVEL ONE Makes 10 My buddy Barry Manilow includes a wonderful cook named Dawn. Sprinkle the Parmesan on top of the pesto and return to broiler until cheese is normally melted and golden. Portobello Mushrooms with Bubbling Pesto; Check it out that method for Level Two. *Eat, Cheat, and Melt the Fats Away*, Suzanne shows faithful fans and newcomers as well that losing weight and getting suit are easier right now than ever before. Set the whites apart. Mash the yolks in a bowl with a fork. When you Somersize, you can eat your preferred foods until you are full and change your metabolism without missing out meals. * answers to the most frequently asked questions and problems about Somersizing; Add more mayonnaise to attain desired regularity. Mash with a fork until blended. Utilizing a teaspoon,

properly stuff whites with yolk mix, mounding the tops. Roasted Nice Red Pepper Soup with Creme Fraiche and Crispy Sage Leaves;For Level TwoAdd 1 whole mashed avocado to the egg yolk mixture.From the Hardcover edition.



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BEST Method TO LOSE WEIGHT. My husband, boy and I are all performing this and collectively we've dropped over 32 pounds in one month - I lost 13 of those. I've tried each and every diet known to mankind except the crazy intensive ones that good sense dictates are simply not healthy. Should you have most of your weight around your mid section you almost certainly possess a Hormonal imbalance. This diet is the greatest for that which is the ONE DIET that you'll loose the fat. You will loose very easy. Sauces with sugars or flour (Starch) that ups your insulin and you store up fat. And you could totally move out to consume on this plan and not be relegated to just the salad menu. BE careful of foods that trick you. If you are not really you are eating foods with concealed sugars or starches with fats. Once you realize NO glucose or Starches with any fats and what ups your insulin and not to eat fats whenever your insulin is certainly high, plus lots of water. I am sick and tired of al the most recent nutrition/diet plan books that are difficult to follow if you have as normal life in the Real World. You will end up spending the majority of your shopping period at Trader Joe's to find these particular wheat and sugarless items, I ended up spending twice more on groceries than I usually do. I would have to say this is usually my favorite. In my opinion Trim Healthy Mama is similar. Finally! I found myself cosuming tremendous levels of salt and moving away from my way to get particular breads and pastas which were a lot more expensive than the usual brands that you discover like Golden Grain. This is the best diet EVER. In this manner of living (I refuse to call it a diet plan) works! All of Somers' diet plan books are great. I'm in my own 40's today and it's really harder to loose but I still think this plan works. Well she does! That title does not lie - Eat, cheat and melt the fat apart. WAY OF LIFE NOT REALLY A DIET. And we haven't improved our activity or exercise. Best part is we by no means feel deprived. Don't get me wrong, this diet worked for me and many others whom I've spoken to. That is super easy to follow without annoying points or calorie consumption to count. Knowing the 8 rules and UNDERSTAND what raises your insulin you have got this in the handbag. Started back again on the diet and I've already lost 27pounds in two months! I like this course of action and it works! I did the dietary plan when it first came out and it functions and Personally i think great when We eat this way, simple to follow and you can eat plenty of yummy foods. Good Luck to you all. I mean come on, Suzanne Somers gets the response to my problems after 40 years of battling the bulge? This Book STILL is the main element to My Pounds Loss Success Even though most of the reviews are a bit old, I have to say that book and Suzanne's meals concepts really work.. The 1st time I used this reserve about 5 years ago, I dropped about 27 pounds in only a month and held it off. In Suzanne's reserve, there is absolutely no starving. For instance, cheese is actually the just snack you can eat if you have a glucose craving (and the waxy sugarless candies).. I came across an old Somersize publication of mine and I believed "Why do I ever end this? You are what you eat, and Suzanne acquired made that abundantly obvious. I am not a hugely over weight person but because of being in my past due 40's and having an extremely busy lifestyle as a single super mother, I don't possess the time to check out an extremely strict regimen. Suzanne helps it be SO EASY to follow as you just learn what to eat rather than to for meals combining, you may take the idea anywhere in a restaurant or at home. I am striking this publication again now because of allot of crazy adjustments the past year which affected my wellness due to many surgeries and lifes stresses.! I could tell you this book IS INDEED WORTH IT. Personally i think just like a million dollars when I stick to the program. When you meals combine properly such as not eating meats with breads you will see that you crave much less and much less carbohydrates such as for example sugars and starches. alot happier, lighter on my foot, and have more energy to accomplish the things I want to do. We ate, cheated, melted and went broke! Granted the first few days I would possess paid a king's ransom for a big, doughy bagel with cream cheese but from then on passed it was hanging around. But unless you follow it to a "t", you then are doomed to get weight, which is definitely what happened to my mom, who followed the dietary plan and snuck a few pieces of non-sugarless candy when I wasn't looking. This book doesn't once discuss the issue of salt

intake, and everything in the diet basically contains a higher amount of salt. Suzanne presents not only the food combining approach but also the reasoning to it such as combining fat with carbohydrates = fat cells. If you are viewing your salt, after that maybe the dietary plan isn't for you. A thing that works and is EASY! This book seems to be much easier than her other books to follow..but I guess it's worth it to people who would like to actually lose the excess weight. Another problem We faced was eating out at restaurants. You need to eat foods which were cooked in certain oils and shove the scorching n' steamy bread basket aside. I came across myself requesting the waiter more questions than was necessary. When I have to loose several pounds and maintain them off, this is the book I turn to time and time again for encouragement and the delicious quality recipes. I lost about 7 pounds in a single week alone taking in fatty foods. Will there be carrots for the reason that salad? (you can't eat carrots upon this diet) Is there sugar in the dressing?" Usually, they don't know the answer, and that means you possess to risk your daily diet. Trust me, it works. "Will there be sugar added in the sauce? Give it a try for a month and find if you want it, but I've a few tips: Read the book at least two times before you try the meals! Understand what Somersizing is about! Take down notes, post the notes in the fridge Get a friend to join in so that you can compete with each other =) I STRONGLY desire you to take part in the [...] message board where people offer quality recipes and advice. (a great deal of help!) Get another full-period job (at Trader Joe's) Just kidding.. It's an excellent diet and great reserve! I totally love Suzanne Somers I have already been using these works frequently on for over twenty years but mine burned up In our house fire! I highly recommend giving this a go. Delicious, Amazing, and it Works! I gained back a few pounds, by not following combining. Love it. You will eventually lose the weight. It takes a couple of days to weekly to "modify" but once you perform, you will find it better to walk by all of the tempting foods and junk food you used to get in the store or processed foods stands." It is delicious, easy and versatile in our globe. You do have to cook, nevertheless, you always know you're getting fresh, good food. You can even join her online for more information and support. Thank You, Suzanne, for showing us in this manner of Consuming! I was skeptical.! Five Stars Recipes are wonderful. Three Stars good information! one is enough any one of her books is okay. they are all the same. Great diet and way of life. So easy to check out this plan, works well, lost weight conveniently, uses real foods, easy to get used to.



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