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**LOSE UP TO  
50 POUNDS IN 12 WEEKS**

# **The Simple Diet**

**A DOCTOR'S SCIENCE-BASED PLAN**

**NO RIGID RULES. NO STRICT MENUS.  
NO MEASURING, COUNTING, OR  
EXPENSIVE MEAL PLANS**

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*James W. Anderson M.D. and*

## **The Simple Diet: A Doctor's Science-based Plan**



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If you have tried to lose excess weight and failed, or shed weight and didn't keep it off, you're not alone. Two out of three Americans are overweight, many with between thirty and a hundred pounds to lose. Now Dr. Lifelong success. Anderson, a professor of medicine and clinical nourishment at the University of Kentucky, shares his groundbreaking, scientifically based nutritional program which has already helped thousands of People in america lose weight-sometimes more than one hundred pounds-and keep it off permanently. Reverse type 2 diabetes, cardiovascular disease, and additional obesity-related health conditions. Decrease cholesterol, high blood circulation pressure, and high blood sugar. Reduce your risk for type 2 diabetes and its related consequences. It can also help you: Eliminate the need for dangerous (and expensive) gastric bypass surgery. Assist you to feel better about yourself and revel in your life! No guesswork. Many people have changed their diet plan and improved their health by using this program. Best of all, you can use prepared foods that are easy to find in the supermarket. There is no calorie counting. No calculating. And in the event that you stick with this easy-to-follow plan-as a large number of people already have-there's a nearly foolproof guarantee of success. James W. Now it's your turn.



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It worked for me personally After purchasing this book as a last ditch effort for weight loss before investing in another (very expensive) program, I decided after a thorough reading that I'd give this plan specifically 90 days. I guess on Dr...Easy - did I mention that is easy and basic to check out? If, after the 90 days had been up, I didn't reduce pounds I could say I actually had completed everything I could before dropping 3K on a different program. And that is exactly what I did. This is a book that only has one agenda: to assist you lose weight.

3. We embraced the meals requirements of the program immediately. I did so not add workout until 2-3 weeks after being on program. I faithfully weighed every Mon morning hours. Some weeks I lost more excess weight than others. I'm looking forward to starting Nothing new here Virtually a waste of time.

Here's some advice:

1. Get yourself some really good proteins shakes. I purchased Total Lean from GNC after struggling for 3 weeks with some actually yucky ones I purchased here.
- Exercise - you'll have to start walking at least, but I've constantly liked biking and weight lifting so I don't have any issues. Quality protein shakes will get you through this.
2. I don't need to pass on an unhealthy relationship with food to my kids, so as soon as my clothing started to get tight more than enough that buying a new wardrobe was imminent (along with failing just as before at another keto diet plan), I knew I experienced to come up with something different and discover a sensible method of managing my excess weight. I love producing cocktails. It is best to eat on the program than cheat. And, to my surprise and enjoyment, I lost 25 pounds. Search for deals on meals. Therefore impressed that not only can I stick to it, but looking towards the next almost a year eating this way. The grocery store also had deals weekly. he offers you a straight-forward method to reduce your calorie intake and stay satisfied.

THE EASY Diet is extremely simple to use and was effective for me personally. some traditional meals also fit the macro nutrient profile and made for a nice change of pace. I did allow myself a +10-20 calorie overage sometimes for meals that were like a "cheat" (french bread pizza). Not necessarily impressed. Only do workout that you enjoy. Walking is fantastic. I've decided to share this today, partially to keep myself accountable as well as hold out hope for those who believe they can't lose. You are supposed to burn 2000 calories per week with exercise. Uses frozen entrees and proteins shakes easily found in groceries. Besides this limited restriction, you can go to town. I increase banana, but you can add any fruit. Just a small quantity of olive oil and vinegar. Walk 60 minutes 5x /week. I've never done this but it sounds like a good idea. Since this is actually the only fresh meals you will be consuming make sure it is good quality and something you like. There are several cons to this diet. so happy I bought this! I just elevated my H2O usage and started acquiring probiotics. They are delicious, such as a vanilla shake. Occasionally I felt hardly any pleasure in the meals I was eating. However the outcomes made it

worthwhile. If you enjoy lovely stuff, you should this diet. I am not the biggest lover of sweets and there were some days that the thought of another sweet protein shake made me want to cry. I also decided that I'd follow the plan to the letter. Anderson's Facebook web page he does state you can alternative greek yogurt for the shakes. Add variety together with your fruits and vegetables.. 5 even more pounds and I am entering maintenance. All the best to everyone who attempts this. THE EASY Diet is definitely doing work for me, the last period I was as of this pounds was over a decade ago. 5 weeks I've lost over 10 pounds. The dietary plan plan is extremely easy to check out which is exactly what I want. No counting calories, fats grams, sugar amounts, subtracting fibers from carbs, trying to remember what I got for lunch time to convert it to factors or plugging it into an app, etc. I don't want to carefully turn my diet into a research experiment, I'm not training for the Olympics - I simply want to lose weight at an acceptable pace without a grueling "program" that I have to manage and completely upend my lifestyle. The diet plan is incredibly easy to check out which is strictly what I need. In 3. Be. The first couple times were an adjustment, but from then on my body got used to consuming smaller portions every few hours. I'm not going totally off the rails, but I certainly cheat a little bit here & begin and share your tales with us. Still, I'm seeing great outcomes and couldn't be happier. I have tried various iterations of low-carb and no-carb (paleo / keto / Atkins / South Beach) here and there through the years and I've concluded those plans are simply not for me. Or, if you're like me and crave variety, you can have a different food multiple times per day. The meals you're eating will be well-balanced. This book laid out an extremely simple plan that's easy to follow and almost per month in I'm still heading strong without starving myself of any main food organizations (besides dessert, ha! I've been on the diet for 2 weeks and have lost 6 pounds. Here are a few pros that There is: Lots of fruit & vegetables - I love eating fruit and tasty vegetables! There's no arduous limitations on the types of fruits/veggies except when you're nearing your goal excess weight. 5. Variety (or lack thereof) for dinners - if you only like one or two points to eat for dinner that will function. I love meats and vegetables, but getting rid of all/most carbs simply doesn't appear to work out. Diet book, more advice Not much different than other books. No reducing carbs - of course, there is no room for pie or cake or muffins or chips or various other junk food but you can eat things such as rice, pasta and tortillas. You understand, normal everyday carbs you are simply going to encounter in the real world. Protein - it isn't a vegetarian plan (though you could move that route!). You be capable of eat meat. This isn't like Atkins where you're wolfing down bacon by the pound, and frankly I am sorely missing a good rack of ribs or a porterhouse, but since you are not eliminating whole macro food groups you will be able to enjoy proteins. I usually stick to those kinds of

diet plans for a few days but by the second weekend I'm totally over it. absolutely no cheating. I skipped most of the personal success stories and background fluff in the reserve that I don't value - my attitude is merely give me the program and let me can get on with it. There's no more than three chapters that are important to understand to get started and you could examine those in well under one hour. From there it's just a trip to the supermarket before you're off and running. Drink a ton of water. I'll second the reviewer who said to purchase the EAS Lean shakes. I have been following the diet plan to the letter Mon-Fri while playing it a color fast & Any. Easier. I purchased a variety of flavors and mixed all of them with ice and drinking water in the Nutribullet. Strolling for 30-40 minutes is approximately the simplest thing to function into your routine. You don't have to join a fitness center, buy products, follow a crazy gimmick DVD, get an expensive fitness expert or purchase any additional stupid items that is just likely to end up on a shelf collecting dust. Some workout plans I've tried triggered me to injure myself and I still have lasting problems in a few areas. Injuries also caused me to stop working out for months -- not to mention thousands in MRIs, X-rays, doctor appointments, physical therapy and lost time at the job. Walking is approximately as low-risk as possible get. This probably isn't a con, only a reality of slimming down, but I thought I'd mention it. The publication gives you some sound advice on how to handle these circumstances. Being truly a graduate of Fat Watchers, Engine #2, HCG injections (lost 35 pounds after two rounds, gained it all back plus 50 more pounds) Starch Solution, Big Breakfast Diet plan, Adkins, South Beach, you name it. Cons: Cooking - I love to cook, it is probably my #1 hobby, and this diet eliminates a lot of meal planning if you're going to adhere to the program. I miss making delicious food, but component of my weight problem is that I specifically like to cook shamelessly decadent foods that inherently include colossal calorie counts. If you take even a passing curiosity in putting meals collectively, you are going to need to give that up basically throughout the diet plan. For me this isn't a deal-breaker, but I cannot wait to get back to cooking my sort of food once again (although eating more responsible portions). Simply no alcohol - I love brewing and enjoying beer. Don't feel bad about doing this. Each of them promise a lot. As with nearly any conceivable weight loss plan, however, alcohol is off-limits. A plan for eating dinner out - you're eventually likely to visit a cafe, go to a friend's home or attend other function where meals off the program is available. Without a shred of doubt, I think the real enlightening little bit of information I've learned on this diet is portion control. In hindsight today, my pre-diet portion sizes were certainly monstrous. Ultimately, I would like to get back to the weight I was more than the summer after my senior year in high school. Reflecting back again further, I've never had very good eating habits even at a young age. The first few weeks you'll be hungry unless

you add extra fruits/vegetables/meals. Despite the fact that I was energetic, biking and weight lifting, I have evidently always been able to out-consume whatever I was burning off with exercise. To another observer I must have been eating a positively gross amount of food at each food. While that may seem laughable to some people, I do believe that outcome isn't just within the realm of possibility at this stage but also an extremely obtainable goal in a few months. It just depends on what works for you and how ready you are to keep writing. And should I place some pounds back on, now I know a great solution to remove them. Great book, great plan - simple, effective, inexpensive. There you go, I think I simply saved you \$12 Best diet out there If you are really serious about losing weight, this works! Wow. I read about the diet, scoured the testimonials, and ordered the reserve.. The amount of protein I was eating caused occasional constipation.. Prior to it arriving, I started on my own version, two days later on I read the book and really drilled down to this course of action. I started the diet in July 28th, today is Sept 1 and I've lost exactly 12.5 pounds! My local Focus on sold them cheap but lacked in range. Not. I did that, following the first week. There may be too little variety in meals. I did not utilize the suggested fat free dressing for salads. So there are some times where I'm hungry, but the publication tells you what to do about that. ( and it works!) There are other times where I'm traveling, and so I eat out ( fast food sometimes!) and still keep losing. I am successful avoiding junk food and since I don't wish to sabotage my great outcomes I've easily discovered the willpower to press away a lot of food at social functions that I would normally have enthusiastically tossed down the hatch with out a second thought. This Simple Diet delivers weight loss, plus the feeling that I can keep going and losing. I also did Just Dance on the Wii. Anderson is not selling you a specific brand of shakes or foods or snacks, unlike all of the corporate plans out there. there. I'll be updating thru the rest of this year. I miss cooking nonetheless it works Healthy diet plan, very flexible and very economical in comparison to other meal replacement plans Update: This works, I lost 10lbs, but eventually We became depressed and exhausted and my hair began to turned gray and began to fall out. Might not provide all important protein and nutrition. This usually happens when I do meal strategy type diets. Don't just consider the diet foods. You can select your personal brands of products ... I followed this program to the letter for exactly 3 months. Dr. You can and will. Instead, he offers you a straight-forward way to reduce your calorie consumption and stay pleased. You can choose your personal brands of items according to your flavor and budget.). loose on weekends. Right now, I actually like that I could consume something so regularly. You may also adjust the diet if you like. For instance, some mornings I add an egg to my veggie serving, fry it up and prepare it like an omelette. You don't have to count calorie consumption on the strategy-- but if you want you can divide the

600 calories for entrees between 3 dishes instead of 2. If you keep the basic guidelines of the diet, you will be creative and you do not have to be starving. And it can be inexpensive. I am consuming for under \$10 a day. Can Nutrisystem or Jenny Craig match that?! Not really a great plan.4. It's more about protein shakes, and less about real food. It is also for faster weight loss, and I only approve of that for people who need surgery. This plan is really, really flexible that i appreciate. I love pairing wine with my shamelessly decadent dinners. Additionally, I believe I'll be able to keep the weight off since I understand what a genuine meal is meant to look like with regards to balance and volume. Five Stars Great book Well done with a variety of USEFUL information to begin with and stay on this diet Well done with all sorts of USEFUL information to get started and stay on this diet. But I lost weekly. Eat 3 lean cuisines or similar, 2 low-glucose shakes, and many fruits / veggies per day.6. Could. A GREAT DIET PROGRAM, IS ONE THAT WORKS! Why not do something that brings you satisfaction? Add the selection of fruits and vegetables.



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