

BONUS MATERIAL: Includes a printable PDF with menus, exercises, and 130 recipes.

The OMNI DIET

LOSE UP TO 12 LBS IN TWO WEEKS

**The Revolutionary 70% Plant + 30% Protein
Program to Lose Weight, Reverse Disease,
Fight Inflammation, and
Change Your Life Forever**

Tana Amen, BSN, RN

Foreword by New York Times Bestselling Author
Daniel G. Amen, MD

READ BY PAM WARD

Tana Amen BSN RN and

The Omni Diet: The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever



[continue reading](#)

By enough time she had reached her mid-thirties, Tana Amen had nearly abandoned good health. It's an easy-to-follow plan based on a 70/30 plant-to-proteins model. Doctors ascribed her illness to genetics, misfortune, and a family group history of obesity and heart disease. But even though Tana committed to a typical fitness and eating routine, her health failed to improve. That's when she realized that she needed to make a real change. She needed to work out how to improve her health. It includes a simple plan that provides a good amount of illness-fighting nutrition from plant-structured foods and high-quality protein to keep the brain sharp and muscles and organs functioning at peak condition. The Omni Diet is the culmination of a decade-long quest by Amen to study the relationship between food and your body and to understand how proper nutrition not merely impacts weight loss but actually retains the key to reversing chronic disease, decreasing inflammation, healing your body, and significantly improving quality of life. for good. . The balance of 70 percent plant-based foods and 30 percent protein restores energy, slashes risk of disease, optimizes mind and hormone functioning, generates dramatic weight loss, and promotes wellness from the inside out. Through an eternity of chronic medical ailments, including severe digestive problems, recurrent infections and, most devastatingly, a battle with thyroid cancer, there was never a spot when Tana felt consistently healthy. This is simply not a restrictive diet plan or another page in the high-proteins vs. vegetarian diet plan wars, but a universal map to better health, one which Tana has distilled into a lean six-week program. . So what may be the Omni Diet? With delicious and satisfying quality recipes, easy-to-follow exercises, and important advice and tips, you will see results in your weight and overall health immediately.



[continue reading](#)

The information in this book works I have already been using the info in this reserve since January 31st and also have shed 38 pounds and have eliminated all of my aches and pains caused from irritation! I am a post-menopausal woman who functions regular; I thought I would never have the ability to lose the excess weight I had gained after having kids. I've yo-yoed over the years with a great many other diets. :) Required reading for anybody concerned about health & This is the first one that has truly worked without buying a lot of special supplements or a huge commitment to exercise. Since I am not really spending plenty of time exercising (just 20-30 minutes each day), I have additional time to prepare. The dishes do have a lot of ingredients but the end result is wonderful therefore worth enough time to feed my children healthy meals. As the writer makes many suggestions for vitamins and products, I only take a multi-vitamin, omega-3 and a probiotic which is pretty easy to do rather than terribly expensive. We eat out less and do not buy any prepackaged foods. Ultimately, we spend much less on meals than we did before. You must make options. 2 pounds the initial two weeks, and look forward to Monday, when I weigh in going into my 3rd week. I was addicted to sweets but no longer feel those cravings. Now that I am at a size that I am happy with I really do just as the author suggests and eat this way 90% of the time, the other 10% of the time I enjoy occasional treats. I've not gone back again to my old behaviors because I love the way Personally i think now and I know that those old habits had been dooming me to becoming over-weight, with health issues and pain for the rest of my life. worth it good information Five Stars thanks and all the best to all! If you REALLY want to feel great, be healthy and move on to your optimal weight, this book works but yes, it takes some effort. I have been pursuing it faithfully for over two weeks now, and also have had forget about stomach pains. The very major difference will be the recipes and food choices given... We are grateful for Tana's help. I do believe that this lifestyle of feeding on overall is fairly beneficial... The principals function. I have each lost approximately 15 # each and I noticed my skin is nicer. Thank you Tana Amen! We discover that those who suffered medical issues are in simple agreement on what we should be eating, & most helpful..and coconut wraps are about \$15 per package, plus delivery!) You may want to omit or make substitutions here and there in the quality recipes...and you will need a substantial amount of prep-time for most of the foodstuffs. Tana's recipes are costly and complex...the "Raw Creamed Spinach" recipe is TO DIE FOR!! I have also found that my tremendous craving for cheese has gone away, and was eliminated within times after starting this fresh way of taking in. I lost excess weight but never in a position to maintain it. longevity This book ought to be required reading!..Should you have any thyroid issue, immune issue or any disease, start with this reserve and implement these nutritional protocols and simply see what happens! We both lost fat and our health and wellness did a single eighty. My vitality boosts and my moods and emotions stabilized!! I would recommend this publication to everyone I meet who has any health concern or looking at a wholesome and vibrant life as they age. This and a book by Jordan Rubin have been crucial for all of us. I eat when I am hungry, and actually eat even more now than before! The dietary plan plan is effective for losing weight and not unique, I've seen and used the essential concept from another supply. Good Diet Overall. With the food choices in this book, not only will there be weight lost, nevertheless, you feel good aswell. That is normally where the product quality and kinds of meals really make a difference. Some Pricey Ingredients Though! I have no Crohn's symptoms now. Helped my family members to change to nutritious diet and overcome Crohn's disease in me. Discomfort is a real motivation to make any change necessary. A good guidebook for weight loss and for health Superb, both in the presentation of knowledge along with very practical menu plans with supporting recipes. With that said. We use most of her elements and simplified the recipes just how we can cook. it does use mostly fresh, plant-based foods.. Omni Diet Review I have already been on many diets over the entire year, and would need to mention that trying this came at only the right period for me. There isn't a magic tablet that is going to do it for you. I was in pain after ever food before, and since changing my diet plan, have been pain-free.! I do not get hungry between meals, and can honestly state I don't crave eating like before. Once again, Tana Amen's quality recipes are gems of flavor, nutrition and

simplicity of preparation.! simply great food. I lost 7. If you want to be healthy, content and active for the rest of your life then you need to put in a little effort and perhaps give up a few things occasionally.00.! I didn't actually realize my considering was "foggy" until it had been suddenly clear after a week on this..! I'm trying to adapt the best recipes and make them more nutritious.! Picky eater! The califlower mashed and sweet potato baked surprised me - I loved them. The meals looks good and taste good! This is simply not to say I don't still like Russet, Crimson, and yucon Gold potatoes because I do and can (occasionally) have a little one. My sister & Some of the foods shown are a little as well pricey for my budget (for instance, "2 c of pine nuts" in one recipe would price me about \$12.The hardest thing was finding the ingrediates the very first time -- it gets easier.! CAN I congratulate you on the dishes that actually taste good, and this coming from a person who hates everything. And remarkably I'm eating them.A suggestion - if you put the quality recipes right after the weekly menu it could make it easier - I finally wrote the web page # in each package therefore i don't have to hunt for it. PS - I recenty bought this book for a pal and she has lost 10#. Totally not worth over eating simple carbs if you ask me. Five Stars Readable and informative. Purchased several Five Stars timely, as advertised One Star Not an easy program to check out. The author managed to get way too complicated. diet help This is a good, informative book Five Stars GREAT BOOK GOOD INFORMATION This book should be created for the well to do .For a female in her forties who suddenly had hormone issues and had been living with lifelong low rate of metabolism that appeared to stop completely, this book was life changing.! This book must be created for the well to do. I could never spend the money for recommended foods and seasonings myself. The recpies didnt sound very attractive to me either.



[continue reading](#)

download free The Omni Diet: The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever djvu

download free The Omni Diet: The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever e-book

[download The Immune System Recovery Plan: A Doctor's 4-Step Program to Treat Autoimmune Disease djvu](#)

[download free Lessons from Madame Chic: 20 Stylish Secrets I Learned While Living in Paris mobi](#)

[download Living Low Carb: Controlled-Carbohydrate Eating for Long-Term Weight Loss txt](#)