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THE  
**EAT-CLEAN  
DIET**

PRESENTS

Tosca's Guide to  
Eating Right

**JUST THE  
RULES!**

NEW YORK TIMES BEST SELLING AUTHOR

**TOSCA RENO**

Tosca Reno

## Just the Rules: Tosca's Guide to Eating Right



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Sure, rules are designed to be broken, but in this case, you won't want to be a busy parent, career woman or finally prepared to get motivated and be inspired, Just the guidelines: Tosca' Whether you' the correct way. New York Times best-selling writer Tosca Reno lays down regulations in this clear-cut direct to achieving a healthy lifestyle –s Guidebook to Eating Right is at your disposal anywhere, anytime. This portable read is normally jam-packed with 51 food laws to take with you on holiday, at work or looking forward to the bus stop. No more excuses, no exceptions, that is your one prevent to achievable weight loss today.



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It had been just basic things everyone currently knows.. If you're looking for an intro on clean consuming (which is why I purchased it), this does give her rules, but not enough info to where I sensed like I was ready to take on the clean eating life style.but longer I like Tosca, I really do! But this publication could have been better as a freebie for buying one of her various other more substantive books. Do not get me wrong - I love Tosca Reno's style and ideas. If you already know what she's about, you don't need this. Unless you know very well what she, or "clean consuming" is about, save your money and get one of her various other books. It is extremely complete and comprehensive in what it addresses but remains ONLY on the important factors and explanations so it's fun to read all of it and not skip. Good Book This is a great book for anybody trying to eat healthy or become healthier. I had bought Tosca's 1st Eat Clean book when it arrived a while ago. Great quick read Liked that it had been simple and just provided you easy to understand information. I really liked the idea of this book, providing just the essential guidelines. I thought this publication would help to encourage my sister to get back on track with her eating for the new year and can truthfully state that since I offered it to her in October, she has lost over 30 pounds!There is nothing in this small book that's not already online. If you are trying to decide which "Eat Clean Diet" reserve by Tosca Reno to purchase, I would recommend buying this one since it contains more latest information about nutritional studies.I come across Reno to be extremely motivating, and, if you are struggling to lose weight, you will probably come across her books really helpful. The theory behind clean eating is normally that you eat foods which are as near their natural state as possible, without adding in extra sugars, chemicals, etc. Not only did I choose the kindle edition for myself, but I purchased hard copies from Amazon and experienced them mailed to my 17 season older niece and baby Sister.I first discovered Reno in Oxygen fitness magazine which her spouse is the editor of and she actually is a normal columnist. I was pleased to observe that Robert Kennedy Publishing (the group that publishes Reno's publication and Oxygen) began a fresh magazine called Clean Consuming. If you want even more seasonal, healthy quality recipes and nutrition suggestions, I definitely suggest subscribing to it. You need to be warned, nevertheless, that it contains a whole lot of ads marketing Reno's books -- to an annoying degree. When you can look previous those ads, it makes a good addition to a clean-eating way of life. And a clean-eating life-style helped me to shed 86 pounds and my sister to shed over 30 pounds. Meh - Skip this and buy a bigger book This book was just too bare-bones for me. Thanks Tosca for such an excellent collection of books. I came across that all little section read similar to the introduction to something else that never came. She would give a 'rule' but no supporting or surrounding or meatier information on it. It had been very frustrating. That is basically a lengthy pamphlet. But I feel like I wasted money on this publication - I went and bought among her bigger books rather which has way more information.. Maintaining lifestyle change Small books, meets the purse. Did not buy but had to inform them about the . Full of tips, and daily reminder thoughts to help any person keep with a fresh lifestyle choice. Stuff you already know, don't waste your money Don't waste your money. Eat Clean -- Love Life! I used the concepts in it to reduce 86 pounds (many, many dress sizes) and wanted to share the 'taking in clean' concept with my sister, but not overwhelm her with details. Not a lot of confusing scientific jargon.. simply facts. I purchased this publication as something special for my sister who's attempting to lose weight. Consuming six meals a day means that you hardly ever go hungry, and you don't have to worry about calorie counting. Tosca Reno is awesome and makes health and nutrition clear to see and use in real life. Feeling better about yourself through improved diet plan and exercise can transform your way of life!!! I must say i love Tosca Reno I really love Tosca Reno!! Great scope but easy to follow and absorb I

like it for what the name says, "just the rules". This book was too vague.. I recommend buying "Clean eating Freezer Meals" from the Gracious Pantry" Author.While there is some information that is similar in all of the eat clean books (like chapters on the significance of drinking water and eating breakfast), there are a great number of new ideas presented in a very user friendly format.Such as a pamphlet. Four Stars It was a good book. Really useful when purchasing, for groceries, for kitchen apparatus, for exercise stuff... Tosca Reno is awesome and makes health and nutrition easy to understand and . Thanks a lot Tosca Reno! She has a lot of great information for anybody starting a lifestyle change. I would recommend this book. Did not purchase but had to inform them about the ad misusing disposable and disposal that will supply the wrong idea in what related to the book.. If your looking to start this diet. You are never to young or old to begin healthy behaviors. Everyone should personal all her books. great I love the eat clean diet plan book and I needed a little fresher. Simply the guidelines was great and will be helpful in the future



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