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Reader's
Digest

Release Fat in 21 Days!

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**DROP
26 LBS
IN 3
WEEKS!**

The Digest Diet

**NO HUNGER.
NO CRAVINGS.
JUST GREAT FOOD!**

Breakthrough Science!
**The Best Foods for Fast,
Lasting Weight Loss**

BY LIZ VACCARIELLO

Editor-in-Chief of Reader's Digest, coauthor of the
#1 New York Times bestseller *Flat Belly Diet!*

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Liz Vaccariello

The Digest Diet: The Best Foods for Fast, Lasting Weight Loss



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The Digest Diet plan is a 21-day time weight-loss plan predicated on groundbreaking science that targets surprising fat increasers in three key areas—eating, environment and training—and provides you the equipment you need to change the tables and shift your body into fat discharge mode. The Digest Diet plan is a 21-time weight-loss plan predicated on groundbreaking science and recently discovered foods and habits that help your body release a fat and reliable ways to get it to fade away quickly. Digest sifted through all the weight-loss science to choose the foods, recipes, and practices that truly slim you down quickly and safely. The Digest Diet targets surprising excess fat increasers in three key areas— We found out some new reasons fats creeps on— Reader' We examined cutting-edge nutrition developments and myth-busting articles. consuming, environment and training—and gives you the tools you need to switch the tables and shift the body into fat release mode. Every phase loads you through to fat releasers. The diet program is structured in three simple stages: Fast Release, Fade Away, and Finish Strong. However the calorie and macronutrient ratios change in each in order to maximize unwanted fat release— sidebars to keep perspective and sanity, and a free online destination for guidelines, videos, purchasing lists and daily food and exercise journals to help with making your weight reduction goals easy and achievable. Fast Release (12-minute exercise routine) can be a four-day fat releasing jump start. s amazingly effective for fat burn and muscle development. The Fat-Launch Workout combines both weight training and HIIT (high intensity interval training) right into a 12-minute workout that' Fade Away transitions you into lean proteins and micronutrient-rich greens. For this 10-day stretch, you continue to have a shake a day, however the lean-and-green concentrate provides your body what it requires to assist you release body fat and build muscle, while lowering your consumption of carbohydrates for faster fat fade. Finish Strong may be the last week of the program. Our top tester dropped 26 pounds in 3 weeks! The Digest Diet offers a list of 13 excess fat releasers, such as Vitamin C, Calcium, Protein and Coconut Oil, and also a straightforward cheat sheet of fats releasing foods which can be eaten through the diet, such as broccoli, grapefruit, mozzarella cheese, almonds, fish, beef, burgandy or merlot wine, chocolates and avocados, to name a few. In the Digest Diet, additionally, you will find a 21 time meal-plan, 50 excess fat releasing recipes with color photos, a 12 minute fat discharge workout, a fat discharge workout calendar, before and after success tales, "and their results will astound and inspire you. and results! www.digestdiet.com To prove the 21-day diet program truly works, we put a dozen women and men on the diet—laugh it off" The foodstuffs and recipes demonstrate how to like a balanced, healthy, wholefoods diet abundant with fat releasers.



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More want a healthy diet Tried this eating plan for about 6 weeks and actually enjoyed this. I was skeptical at first because I knew, getting no more than 30 pounds overweight that I wouldn't lose 20+ pounds but I did eliminate about 7 in the initial 3 weeks and continuing to drop about 3/4-1 pound weekly. (I am a 55 year old feminine) It really should be called even more of a healthy diet instead of diet. I've cut out sugar except for honey, all artificial sweeteners, a lot of the sodium in my own diet plan, and most processed foods. It does focus on a 4-day cleansing procedure with shakes and soup. That was just a little hard because I was detoxing from all the glucose, etc. But I came across the right combo of flavorings in my own shake (peanut butter, strawberries/banana, cocoa, and cinnamon) and I've actually began to crave the shakes. (They are like 16 oz.e. Two Stars BLAH Excellent information Very great read and information! But I motivate you to try some of the "out-there" vegetables. My local grocer has the majority of what I want with several items coming from the "healthy" grocery stores. I eat a turkey sandwich most times for lunch time. When I go out I have discovered to pick an excellent salad with grilled poultry and bring my own dressing (a recipe from the book). Once you figure out the foods that you ought to or should not really be eating you may be innovative and create your own dishes .And, yes, I have to actually grocery store. My breakfasts now contain oatmeal w/ strawberries, egg omelets, or peanut butter and strawberry wraps. A friend had good success. They will be better to flip back & Have been really happy with this healthy diet program We have been using this strategy for two months. He lost 13 pounds and offers been at goal weight for some time now. The quality recipes are all pretty quick anyway - most can be carried out in 30 mins or less).I just stuck with it for about a week . 5 but I lost almost seven pounds and desire to give it another shot and make the entire 21 days. I came across the breakfasts (primarily the shakes and the parfait) to be extremely tasty, better than any "smoothies" I've experienced before, and I'm surprised that I could lose weight while feeding on cheese and nuts (quick and easy snacks). My hubby loves all food, but I'm about a 6 on the picky-eater level, and I have been amazed that I've really enjoyed most of the recipes.. They have a batch of poultry that you can do up several ways, so we do this occasionally and then use the meat in a number of meals.The first couple of weeks carry out require some planning and learning new areas of the grocery store. I've both books Diet Digest and the cookbook on digital format.A very important factor that could be a little challenging is certainly that this diet is quite dairy-intense which is great for me because I am at risky for osteoporosis and love dairy. I'm not a big salad enthusiast, and luckily there are a variety of recipes that use produce but are not salads. A friend had great success. I'm not hungry 30 mins later like with some produce-oriented recipes.The majority of the recipes make in least 4 servings, and the soups make up to 10, so we produce big batches and freeze and do left-overs, and that greatly decreases the shopping and cooking time. At first I planned 4 days at a time, shopped, after that cooked probably every other day. Right now we are able to plan nearly weekly at a period and have minimized actual cooking time a lot more (neither folks really enjoys cooking). I've lost 14 pounds and also have about 9 even more to move (and would have lost even more had I not been just a little careless the last couple of weeks during the "birthday parties and school has ended" period). And finished . I like best about them is definitely that I in fact know just what I'm eating since most have 5 or fewer substances, all manufactured from "real food," not really processed food. Some of the produce is definitely new to us (kale, escarole, etc), but once we found it, today we know where you can look. Others, nevertheless, are a lot more satisfying, i. So we have to change it for them slightly.In general, we've both been really happy with this new diet program, and Personally i think 1000% better about the grade of food I'm investing in my body. Highly Reccomend! First

saw this diet in Reader's Digest. After researching it and identifying that it had been something I could do without producing myself crazy, I got the plunge and ordered it. My husband ate pretty healthily getting into this, but I was a total carb junky. The meals was extremely good and the meal plans do allow you a certain degree of freedom to choose foods that you prefer. Four Stars not really a great diet Five Stars I simply received the book thank you so much everything's great It works! But one of my daughters can't possess much dairy, and my husband found it was causing a bit of binding up.) Anyway, 4 times of shakes and soup (I recommend the Mexican chicken soup) is not the finish of the globe. the pepper boats. To hard to follow. Thank you. My only complaint about the diet was the amount of money I was shelling out for the food (they suggest buying mostly if not all organic.) and the fact that I acquired to make things way in advance because of my work schedule.. (Some of the "snacks" are laughable: a piece of string cheese covered in a lettuce leaf? Time intensive nonetheless it works and you feel good! But most of the recipes utilize the same stuff over and over (vinegar, pepper flakes, sea salt, honey, yogurt, peanut or almond butter, etc), and several of these simply need to become bought once, and you have them. I plan to buy the books, though. But if you wish to stick with sugars, sweetners, processed and fast foods this is probably not the strategy for you personally. forth in which I do a lot. Some quality recipes I didn't look after or I got to tweak the seasonings but I could repeat the types I love (like seasoned baked chicken, pork chops, pork loin, and flank steak) as often as I want. The actual aerobic portion was a bit problematic for someone like myself who's out of form and I believe I just did those once. Author, Shirley J. Burchard, The Hybrid Murders Better off with Weight Watchers or Atkins which are not .All in all I'd highly recommend this book/diet but only when you're willing to stay with it. The Mexican soup was a touch too spicy for me, however the squash soup is to die for, and the lentil and shrimp soups are not bad either.)The exercise portion was where I started to fall off: the 45 minutes to one hour of walking was alright but I came across that I wasn't motivated to walk unless I possibly could do it in the morning. Better off with Weight Watchers or Atkins that are not only simpler to follow but easier to keep in the long run. I believe they've done an excellent job of making sure there's enough fat and protein in each recipe to create it satisfying. I haven't devoted myself to it yet Another diet. If you're looking for a new way of eating without counting factors or calorie consumption while losing a wholesome pound or so weekly, this could be it. I haven't devoted myself to it yet. but like all diets It seems sensible, but like all diet programs, portion, portion!



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