



A NEW YORK TIMES BEST-SELLING AUTHOR

**Dr. Phil  
McGraw**

TURN YOUR  
WEIGHT LOSS  
VISION INTO  
REALITY

# THE 20/20 DIET

20 KEY FOODS TO HELP YOU SUCCEED  
WHERE OTHER DIETS FAIL

Phil McGraw

## The 20/20 Diet: Turn Your Weight Loss Vision Into Reality



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Phil McGraw identifies seven reasons other diet plans fail people over and over again: hunger, cravings, sense of restriction, impracticality and expenditure, boredom, temptations, and disappointing outcomes or plateaus. In *The 20/20 Diet*, Dr. Phil McGraw addresses each of these roadblocks by applying the most recent research and theories that have emerged since his last greatest seller on the same topic, *THE BEST Weight Remedy*. Dr. Phil and his team have created a plan that you can start following right now and continue working for the rest of your life. This book explains why you haven't been able to lose the excess weight before, and empowers you with cognitive, behavioral, environmental, social and nutritional equipment so that you can finally reach your goal, and learn lifelong healthy habits to maintain those outcomes. But that's simply the beginning. In the dietary plan, readers will start by eating only 20 key substances, called the "20/20 Foods," which theories indicate may help enhance your body's thermogenesis and help you feel full.



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I did receive an advanced copy of the book, through another internet site, and am posting my review on here as well. I've IBS and Colitis and I can adjust this diet plan for me personally and so can you! An easy task to follow phases, where zero foods are removed, but simply "defer". Let me start by saying I have read many different diet books, which is in the very best tier of them. Its informative and an easy task to adhere to. And yes, I did eat what I wanted to on Christmas day and even had a slice of pie (however, not two). For me personally, understanding the real reason for things helps it be easier for me personally to motivate myself. We wish you all the best on your own journey to physical modification through diet. Dr. Essentially, how to put super unleaded in your car, instead of inexpensive gas that overtime will breakdown the system. That is done in 3 phases. Phases: These 3 phases are two 5 day and then followed up by way of a 20 day. Phase 1 (days 1-5): "Boost" - You eat every 4 hours, increasing metabolism, with basic foods. That is a well-developed diet book that tells you how it really is.!! Dr. Phil knows that people simply cannot eliminate foods forever. So what he does is just have you "put them off" for amounts of time. This enables you the comfort and ease of knowing you will eventually have that easy or additional goodie you like. However, since he's keeping it space out, you have controlled "slip ups" and only end up having these treats a harmless amount of times during the period of this program, or however long you decide to live your lifestyle in this manner. I liked this course of action because I can have so many of the foods that I really like. Of the many books/programs I have tried, this is mostly of the I have been content doing, and individually bought into. I understand the reasoning, are designed for the program and am seeing outcomes!! Phase 3 (days 11-30): "Attain" - Same speed, but right now all foods have been added in. Believe me when We say understand this book. Its not expensive, and at minimum it'll increase your health insurance and make you loose a few pounds. Keep in brain we are all beautiful and you may reach any objective you set your mind to.!! Fundamentally, DR. After reading this publication, I shy away from less healthful foods simply because I can envision the damage they're doing to my body, and not just because I know they are "bad". At best, you could make a whole lifestyle modification and see dramatic results! Keep carefully the faith in yourself!! Foods: The method of food is simple. I hope this helped! It works! Simply got bored reading it and tired of dieting.!! Dr. Either they quit updating the app or it just stopped working, however the app worked for one day then won't perform anything. I am presently still doing the 20/20 diet plan and within the first week I dropped 5 pounds. It is very easy to do, I really like the grocery list and everything preferences great. If you need to jump start your system then you have to get this. I am currently down 18 pounds in a single month. It's been working for me I had a chance to try Dr. However, it's the same good practical information I've browse before. I was pleased to see immediate results. The 5 time Boost got me off on the right foot. If you like diet books, this is a good one. I love cod and this is one of the proteins building blocks of this phase alongside walnuts, essential olive oil, coconut essential oil, apples, chick peas and others. I also found lunch time satisfying with the egg salad on crunchy rye crisp. Then i moved into Phase 2 (5-time Sustain) which gives more foods but keeps the downward movement going. Right here you can include more fruits, vegetables and proteins. You intend your day around eating 3 foods and a snack which are timed out for maximum benefit. Phase 3 is the 20-day time Attain where a lot more food options are added. I'll revise in another two weeks :) Thanks Dr Phil Good book Reasding Bought for my hubby, but just started scanning this myself. As you would expect there is a large amount of advice on how to deal with food cravings, boredom, temptations and plateaus. Overall I believe the program and goals are obtainable. I know, this is actually the worst time of year to start a diet regime but I think it's what got me through the holidays intact – and by intact After all “Down” 7 pounds. Gleam plan to deal with splurge or cheat days without causing untold injury to all your good function. There are many recipes and approaches for dining beyond your home. Phase 2 (times 6-10): "Sustain" - Same pace, but now adding in more diversity of foods. Phil doesn't just let you know what to do and what results to expect, but he switches into detail on

why. Good information for life changing Worthless Actually His big hype was using his accompanying app. Phil's new diet book is better than the first one. This diet is awesome! It is easy, just follow the book! Not the most common starvation diets, that one actually helps you feel satisfied and the excess weight comes off fast plenty of that you don't get discouraged. I am incredibly happy with my results so far. it is the same good practical information I've read before Very practical approach to weight loss. Phil's new 20/20 diet publication a week or two before Christmas this year. Book is a book without the app. The fragile link has been me not the book. The major reason for the book is to identify the foods the body must "fuel" itself properly. Actually the cod I came across frozen in a bag for \$8. JUST TRY OUT THIS! Best Diet Book Ever! I am 5'2 and 180lbs size 10 jeans. So far 25 pounds and counting.!! I am just looking to lose a few of this stubborn hip and thigh extra fat which training alone wasn't carrying it out for me. It has totally modified my diet plan and I have completely lessen the sugars and the salt. Sugars was my biggest issue and now I could barely drink some of my usual lovely lattes! It is super easy and all of the foods are cheap. Phil was directly on with what he must say. I have shed 7 lbs in 10 days and I am not hungry which is insane! I haven't even started my workouts yet. There is nothing magical about this diet which explains why I can stay with it. It's not fancy and it's foods you know. It also easy to manipulate for those who have allergies. Disappointing and boring. Duh! Eat any extra egg. I hope this review is helpful, as this is the whole reason I am taking the time to write this.! The diet doesn't blow your brain by any means nonetheless it works. For me this is much better than 21 day repair from beachbody or some of there meal plans. My goal would be to drop 25pounds in 12 weeks. I've simply started this part of the program so won't say more right here except that I'm pleased with the foods available. 25 lbs but still losing Dr. Phil does it again. Looked for an revise, nothing. I assume I was looking for a some miracle method for finding the motivation to adhere to the program. Would not purchase once again or recommend it to anyone. . Just don't eat the nuts or don't consume the greek yogurt! Boring. Waste of money Great gift. My daughter cherished it. Same ol weight reduction book. I'm still fat Good Read Nice book and love the quality recipes in it! You can find just 20 foods on the list that are allowed in Phase I but most of these are said to jump start your program by improving your body's thermogenesis and assisting you feel full. It's filled with interesting facts and details , and I'm sure the 20/20 diet would work if I had time to carry out it.! Eat correct and exercise.. the pounds will come off.



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