



Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off

Anne M. Fletcher M.S. R.D.

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In Eating Thin For Life, the real experts-hundreds of people from all walks of life who have shed unwanted pounds permanently-reveal how they manage their food lives: in the kitchen, at the table and in restaurants. From these 'masters' of weight loss, you'll learn how to enjoy food without being a slave to calorie counting. How to handle the tough times, from quitting smoking to having babies to dealing with pushy people. In short, you'll learn how these 'masters of weight control' get themselves to do the things we all know we should do-but can't seem to get ourselves to do-to lose weight permanently. Plus: --An easy weight-loss plan: 21 days of breakfasts, lunches, dinners and snacks from the masters. --122 of the masters' favorite low-fat recipes-from Pineapple Right-side-Up Coffee Cake to Oven-Fried Chicken to Rich Chocolate Cake with Raspberry Sauce.

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