

Restriction is really hard to maintain, and in most cases, it's really not a sustainable way to maintain weight loss. NOT!

Dr. J. Lee

The FOOD LOVER'S Diet



Flexible-Dieting: The Easiest, and Fastest Way
To Transform Your Body

YOU KNOW:

when "diet" gains all of
back (and sometimes
in five years) in fact,
of "dieting" at all.

It's for generating calories, not
protein and carb is worth a
much more of fat is worth a
few OUNCES that of protein
we can use for how much fat
is "hidden" in fat is

There is no lower a lower fat
diet than a lower fat diet
- long-term. That doesn't
mean zero fat, but just be

The Food Lovers Diet Workbook

TD Snyder



The Food Lovers Diet Workbook:

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