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The Pocket Diet™

Perfect Portion Control That Works!

Lose Weight with ***Pita Pockets***

- Choose Your Favorite Foods
- Easy to Follow and Maintain
- Portion Control Made Simple
- Ideal for Families On-The-Go

By George Kashou and Caitlyn Lorenze, RD, LD

The Pocket Diet Perfect Portion Control That Works

Terry C. Jones



The Pocket Diet Perfect Portion Control That Works:

The Pocket Diet George Kashou,Caitlyn Lorenze,2005-07-01 Forget about counting carbs weighing food and spending hours preparing special expensive meals Put weight control in your pocket your pita pocket that is Easy and convenient The Pocket Diet teaches portion control by using pita pockets to monitor portion sizes to help you take off the pounds This plan consisting of everyday foods will be embraced and be a big hit with the whole family Kids can enjoy PB J or ham and cheese in the edible hand held containers while adults can fill up with tasty stir fry scrambled eggs chicken or other great tasting meats and vegetables Pocket diet meals are also a healthy option when you re in the car or on the go In The Pocket Diet you ll also find practical suggestions for managing your weight and starting an exercise program including a simple walking program for those just starting out So what are you waiting for Shed those extra pounds and keep them off with The Pocket Diet

The Pocket Diet and Recipe Book George Kashou,Caitlyn Lorenze,Jenna Bayley-Burke,2008-08 Forget about weighing food counting carbs and spending hours preparing special meals Put weight control in your pocket your pita pocket that is *Good Housekeeping* ,2004 [The DASH Diet for Weight Loss](#) Thomas J. Moore,Megan C. Murphy,Mark Jenkins,2013-12-31 Named the Best Overall Diet by U S News improves mental function and helps prevent hypertension heart attacks heart failure and colon cancer *30 Day Diabetes Cure* Jim Healthy,Stefan Ripich,2010-04 Uncontrolled diabetes causes people to literally waste away losing their mobility eyesight and independence The authors inspire you to take control of your health and turn your condition around with conviction and daily commitment

The Diet Detective's Calorie Bargain Bible Charles Stuart Platkin,2008-04-29 Platkin known as the Diet Detective returns to show readers how to turn their favorite foods into calorie bargains with this easy to follow road map for healthy eating

It's All in Your Head Joseph D. Pianka MD,2022-02-25 Despite remarkable insight regarding our understanding of metabolism and physiology astounding advances in fitness technology and the availability of countless so called revolutionary diets and fitness programs each promising immediate and sustained success relatively few individuals seem to achieve and maintain their intended goals In fact data continues to suggest the prevalence of obesity the world s other pandemic and recently overshadowed but quietly accelerated by the COVID 19 crisis continues to rise The future combined impact on the overall health and prosperity of society as we enter the dawn of the new normal raises many valid questions and concerns The stakes may have never been higher to start finding some answers As opposed to targeting a small subset of young highly motivated advanced fitness enthusiasts as many current popular programs seem to do It s All in Your Head was written with the rest of us in mind Rather than another how to manual it is a why to inspirational guide and navigational tool in what has become the complex space of fitness and nutrition Join me on a retrospective psychological journey back to the origins of the unhealthy behavior patterns defining who we have become and explaining why we struggle to achieve our health and fitness goals Incorporating a basic understanding of the fundamental principles universal to every successful diet and fitness program in

existence and learning how to develop adequate self motivation skills doors to previously unrecognized potential and the ability to reach and sustain success are unlocked as fitness dreams become reality *The Food Effect Diet* Michelle Braude,2017-12-28 AS SEEN IN THE TIMES LOSE AT LEAST 6LBS IN FOUR WEEKS WITHOUT GIVING UP CARBS ALCOHOL OR CHOCOLATE The Food Effect Diet is a simple delicious and satisfying way of eating that sheds weight boosts energy lowers cholesterol and blood pressure It also gives you glowing skin increased brain power and optimal health and vitality A perfect antidote to faddy restrictive crash diets that don t work over the long term The Food Effect Diet promises a minimum weight loss of 6lbs in four weeks while allowing you to eat carbs good fats wheat gluten and dairy Followers of the diet can also drink alcohol and eat chocolate the only significant no no is red meat As well as a detailed programme for the four week attack phase the book will include menu plans which can be adapted to suit different taste preferences lifestyles and nutritional needs over 70 delicious and easy recipes and easy to follow food tables to guide your choices for each food group *The Food Effect Diet: Vegan* Michelle Braude,2020-01-09 Ditch the complicated recipes expensive products and supplements vegan detoxes and all the other crazes out there that s the message of The Food Effect approach to nutrition which based on real science separates the fads from the facts and now presents the program that s had amazing results adapted to suit a vegan diet Set to teach the simple secrets to long term practical success for weight loss for vegans The Food Effect Diet Vegan is a simple delicious satisfying way of eating that sheds weight boosts energy lowers cholesterol and blood pressure and also gives glowing skin increased brain power and optimal health and vitality Simple and effective without over complicating The Food Effect Diet Vegan delivers a painless and proven way to achieve your weight loss goals and get you on the road to optimal health all whilst following a vegan lifestyle easily and enjoyably The Food Effect Diet Vegan will include A wide array of vegan food choices including surprising sources of good for you carbs and proteins Menu options for breakfast lunch dinner and snacks based on a variety of taste preferences lifestyles and nutritional needs More than 65 delicious and easy vegan recipes plus a complete set of simple meal ideas for those who don t like or don t have time to cook Dietary recommendations designed with a calorie cap to ensure you achieve your weight loss goals Guidance on which supplements to take to ensure all nutritional needs are met The Publishers Weekly ,2003

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