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| Autore | Avanti Christine |
| Titolo | Skinny Chicks Eat Real Food : Kick Your Fake Food Habit, Kickstart Your Weight Loss |
| Pubbl/distr/stampa | Gordonsville : , : Rodale Inc, , 2011 ©2011 |
| ISBN | 1-60961-309-0 |
| Descrizione fisica | 1 online resource (270 pages) |
| Classificazione | HEA006000 |
| Altri autori (Persone) | BaumanBonnie |
| Disciplina | 613.25 |
| Soggetti | Reducing diets |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di contenuto | Intro -- Dedication -- Contents -- Introduction -- Part I: Addicted to Factory Food -- Chapter 1: Factory Food is One Hell of a Drug -- Chapter 2: Pulling the Lid off Factory Foods -- Chapter 3: Sugar's Bitter Side -- Chapter 4: The Skinny on Fat -- Part II: Real-Food Recovery -- Chapter 5: What is "Real Food"? -- Chapter 6: Real Food Equals Real Weight Loss -- Chapter 7: Real-Food Rehab -- Chapter 8: Reality Bites, or What Are You Really Eating? -- Part III: Real Food in the Real World -- Chapter 9: Supermarket Survival Guide -- Chapter 10: Get out of the Supermarket -- Chapter 11: Real-Food Weight Loss in Action -- Chapter 12: Christine's Real-Food Cuisine -- Acknowledgments -- Appendix A: A Feast of Real-Food Resources -- Appendix B: Real Food on a Budget -- References -- Index -- Copyright. |
| Sommario/riassunto | "Skinny Chicks Dont Eat Salads author Christine Avanti explains how women and men can control their appetites and lose weight by avoiding the fake and processed foods that are actually making them fatter. Many women think that products labeled "fat-free," "sugar-free," or "lite" are the key to easy weight loss. The truth is that these so-called healthy packaged foods are filled with processed ingredients and chemicals that actually contribute to weight gain by causing us to overeat. In The Real Food Diet, nutritionist Christine Avanti explains why a diet rich in all-natural produce, whole grains, and lean protein packed with the nutrients responsible for maintaining stable blood sugar levels and speeding up metabolism is by far the more effective |

option. Avanti draws on the latest research to provide guidelines for what and how often readers should eat to ensure that pounds are dropped and offers specific meal plans, grocery lists, and a collection of flavorful recipes filled with fresh, seasonal ingredients. A guide to eating real food in a factory-food world, a weight loss plan, and a real-food cookbook in one, The Real Food Diet will instruct and inspire readers to steer clear of fake food and eat the balanced, all-natural way we were designed to eat"--
