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The F-Factor Diet: Discover the Secret to Permanent Weight Loss

Tanya Zuckerbrot

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The F-Factor Diet: Discover the Secret to Permanent Weight Loss Tanya Zuckerbrot
A top nutritionist reveals the secret to permanent weight loss.

To help her busy clients ditch the fad diets,Tanya Zuckerbrot spent more than a decade designing a healthful, delicious, sustainable diet that sheds pounds, boosts energy, lowers cholesterol, and reduces the risk of heart disease and diabetes. *The F-Factor Diet* presents a fresh take on eating high-fiber carbs, and reveals the secrets to satisfying meals and lasting weight loss, including:

- A simple three-stage program
- A wide array of food choices
- More than 75 delicious recipes-from appetizers through desserts-and a complete set of guidelines for those who don't want to cook
- Journal pages and helpful hints to keep dieters on track

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