

The Food Doctor Diet

Ian Marber

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NO HUNGER • NO CALORIE COUNTING

THE FOOD DOCTOR DIET

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A small illustration of a peach and several slices of peach, positioned to the right of the author's name.

7 days to healthy weight loss
A plan to keep it off for life

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Ian Marber : The Food Doctor Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised The Food Doctor Diet:

0 of 0 people found the following review helpful. The soups are super and even if you don't do the dietBy FionaThe soups are super and even if you don't do the diet, the soups are worth having in the house.0 of 0 people found the following review helpful. Excellent condition..By Clara Samantha JohnBook looked as good as new.. Worth the buy..10 of 10 people found the following review helpful. At last - a way of eating that worksBy A CustomerI love this book. It is a v. common sense approach and fits in with normal day to day living. Over the last three years I've been slowly cutting sugar, refined carbs and saturated fats out of my diet and going back to basic wholefoods. BUT, it's sometimes very hard not to reach for that slice of bread or a biscuit. And it's sometimes very hard to find inspiration from basic foods like eggs, yogurt, salads, meat and vegetables, potatoes and rice. This diet is what I've been trying to

do, but just couldn't quite get the inspiration or the know-how. It takes all those basic ingredients and adds a lot more interesting ones and puts them all together so that the diet is no longer boring. I've tried Atkins, and also mostly raw food diets. But they get a bit tedious after a while because they're not varied enough. This diet is based on common sense and eating sensibly. I started with the 7 day diet and really enjoyed the recipes (all very easy to make). My clothes were loose by the end of the week and it wasn't even hard to do! Now I follow the recommendations of how to eat healthy, and it's great. I always have something good in the fridge to snack on. The diet part is also a bit like a 7-day simple cooking course in that it shows you how to use herbs and spices to liven up your meals. The recipes at the back are very easy, but v. good and interesting. It has really expanded my repertoire of things that I now reach for every day. I've just bought the book for my sister, as she has some food intolerances, so she's going to give it a try too.

Combining accessible, contemporary design with mouthwatering recipes to create a sophisticated look for jaded palates, the Food Doctor Diet provides a realistic and enjoyable plan that is safe, practical and achievable. This seven-day menu program-without deprivation, yo-yo dieting, or portion control-is the diet to follow when all others fail. Written by a respected dietitian, this book debunks the myths and offers a safe, sensible alternative to the fads and hype of most diets.

About the Author Ian Marber became involved in nutrition after suffering from undiagnosed food allergies during his twenties. He left a successful career to return to college to study nutrition, and then set up the acclaimed Food Doctor clinic in London's Notting Hill with another leading nutritionist, Vicki Edgson. He is the co-author of several books, including *The Food Doctor*, *Food Doctor in the City*, and *In Bed with the Food Doctor*.