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Rachel Sandford



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5 Pounds Harley Pasternak, 2015-03-03 For most people the hardest part of lasting weight loss is either getting started or reaching their goals too often motivation is tough to maintain or those final few pounds simply won't budge no matter how many hours are logged on the treadmill and how many calories counted Now from the New York Times bestselling author of *The Body Reset Diet* comes a deceptively simple plan to slim down whether you need to shed those last few stubborn pounds or want to jump start a more significant weight loss effort *5 Pounds* teaches you how to implement five simple strategies as daily habits Walk 5 miles a day Eat protein and fiber 5 times a day Do resistance exercise 5 minutes a day Sleep at least 7 hours a night Unplug at least 1 hour a day You will enjoy immediate results dropping 5 pounds or more in just 5 days and boost energy improve overall health and finally achieve long term weight loss success With step by step advice easy to prepare recipes and motivating success stories *5 Pounds* will transform the way you look and feel forever **Breaking**

the Food Seduction Neal Barnard, 2010-07-20 Jennifer is a thirty four year old bank manager She's managed her education her career her finances and her customers money she can't seem to handle this darn little chocolate in a shiny wrapper Whether you're drawn to chocolate cookies potato chips cheese or burgers and fries we all have foods we can't seem to resist foods that sabotage our best efforts to lose weight and improve our health These foods are winning the battle but that's because we're fighting it in the wrong place As physician and leading health researcher Dr Neal Barnard explains in this groundbreaking book banishing these cravings is not a question of willpower or psychology it's a question of biochemistry Based on the author's research and that of other leading investigators at major universities *Breaking the Food Seduction* reveals the diet and lifestyle changes that can break these stubborn craving cycles Using everyday examples questionnaires and practical tips the book delivers Fascinating new insights into the chemical reasons behind your cravings Seven simple steps to break craving cycles and tame your appetite Important advice for kids sugar cravings and how to halt them A three week kick start program One hundred delicious satisfying recipes that help your body break the spell of problem foods and put you on the path to weight loss better health and greater well being This accessible and practical book is essential reading for anyone who wants to lose weight lower cholesterol feel more energetic and get control of their health once and for all

HIGH PROTEIN SLOW COOKER COOKBOOK FOR WEIGHT LOSS Deborah Hoglund, Let me ask you something personal How many Monday mornings have you started over How many meal plans have you printed followed for three days and quietly abandoned by the weekend How many times have you stood in your kitchen at seven in the evening exhausted hungry and completely defeated and reached for something easy instead of something good then spent the rest of the night feeling guilty about it If any of that sounds familiar I need you to know something important before you read another word That is not a willpower problem That is not a discipline problem That is not a you problem That is a system problem And this book all 300 recipes of it is the system that finally fixes it My name is Deborah Hoglund I am a certified nutritionist and dietician and I

spent years watching brilliant motivated genuinely hardworking people fail at weight loss not because they were not trying hard enough but because every single plan they were handed was designed for a life that nobody actually lives The perfectly prepped meals The complicated ingredients The hour long cooking sessions on a Tuesday night after a ten hour workday It was never going to work Not because they were not enough but because the system was never designed for real people living real lives So I built one that was Here is what is waiting for you inside these pages 300 high protein slow cooker recipes that do the hard work while you live your life covering breakfasts soups stews poultry beef lamb pork seafood and plant based meals that are so delicious your family will never believe they are designed for weight loss Full macros for every single recipe calories protein carbohydrates and fats clearly listed so you can track with complete confidence and zero guesswork 5 to 15 minute prep times on every recipe because the slow cooker does the rest while you work rest run errands pick up the kids or simply breathe Family approved comfort food classics completely reimaged as high protein fat burning deeply satisfying meals that nobody at your table will recognize as diet food Dump and go recipes designed for the hardest most exhausted evenings of your week when the only thing standing between you and takeout is a slow cooker that is already doing its job A complete high protein pantry guide smart shopping strategies batch cooking system and slow cooker success guide built into the book so that every tool you need is right here in one place Bonus no gym movement routines designed to complement your high protein eating and accelerate your results without requiring equipment a gym membership or an ounce of athletic confidence And Much More Here is what makes this book different from every other cookbook sitting on that shelf or ranking on that page Other books give you 70 recipes Some give you 100 This book gives you 300 Three hundred carefully crafted clinically informed real life tested deeply delicious high protein slow cooker recipes enough variety to carry you through every season every craving every busy week and every special occasion for years to come without ever reaching for another cookbook again You need this book Your slow cooker is ready Your transformation is waiting And with 300 recipes and a certified nutritionist holding your hand through every single page you have absolutely everything you need to make this the last time you ever have to start over Scroll up and click Buy Now Tonight let your slow cooker do the work Tomorrow feel the difference

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on his journey to health and wellness and then prepared for his celebrity clients Bestselling author Top Chef favorite and award winning chef Art Smith was discovering new innovations in the kitchen including his beloved cuisine of the South but neglecting to take care of himself So he decided to make a change in the way he ate without giving up the foods he loved By reimagining his favorite dishes and making exercise a regular part of his life he lost 120 pounds and transformed both his body and his health Art always knew that fine cooking is a way to show love to others but now he saw it as a way to show love to yourself Art can t resist bringing people together through food It s partly what made him the success he is today and his unique reimaging of classic comfort dishes has added to his wide appeal After ten years as Oprah Winfrey s personal chef Smith now cooks for special events for celebrities all over the world He has been a contributing editor to O the Oprah Magazine and has made numerous television appearances including on ABC s A Very Lady Gaga Thanksgiving Bravo s Top Chef Masters and ABC s Nightline There s no doubt about it Art Smith s Healthy Comfort is about great cooking and good eating But Smith also shares his personal journey to good health including delectable dishes such as Three Cheese Macaroni Unfried Chicken and Grilled Hanger Steak with Slow Roasted Tomatoes that you just won t be able to resist

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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Protein Breakfast Near Me Sign In**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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