

2 Day Diabetes Diet: Power Burn Just 2 Days a Week to Drop the Pounds (Hardback)



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Reviews

Very beneficial to all of category of folks. We have read through and i am sure that i will going to read once again once again in the future. Your daily life span will probably be change when you full reading this pdf.


(Amelia Roob DDS)

2 DAY DIABETES DIET: POWER BURN JUST 2 DAYS A WEEK TO DROP THE POUNDS (HARDBACK)



Reader's Digest Association, United States, 2013. Hardback. Book Condition: New. 254 x 180 mm. Language: English . Brand New Book. Diet just 2 days a week to drop the pounds and dodge type 2 diabetes! In a recent study, researchers in the UK found that restricting carbohydrates just two days per week was superior to a standard, daily calorie-restricted diet for both reducing weight (about 9 pounds lost vs 5 pounds) and lowering insulin levels (reduced by 22 vs 4). Based on this and other research indicating that safe weight loss is the key to reversing and preventing diabetes, Reader's Digest has partnered with registered dietitian and diabetes expert Erin Palinski to distill the latest science to create an easy-to-follow plan that allows people with diabetes to have their cake--and other carbs--and still keep their blood sugar under control. A diagnosis of diabetes can be overwhelming and frightening, and even many of those who have lived with diabetes for years often struggle with the question of what they can eat. The 2-Day Diabetes Diet makes it simple--there are no forbidden foods and no carb-counting. You just need to restrict what you eat for 2 days a week--and research suggests you will see the pounds drop off, your blood sugar levels stabilize, and your waist shrink. On those 2 days a week, you follow the low-carb Power Burn program, and consume approximately 600 calories of selected foods. What does that look like on your plate? How about a 2-egg omelet with onions and peppers plus yogurt for breakfast; a hearty bowl of carrot soup plus fresh fruit for lunch; meatloaf and broccoli for dinner with milk; and a cup of sweet grapes for a snack? Or Canadian bacon and spinach for breakfast with a cup of milk; vegetable...

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