

The 30-Day Low-Carb Diet Solution, 2010, 194 pages, Mary Dan Eades, Michael R Eades, 0544189310, 9780544189317, Houghton Mifflin Harcourt, 2010

From the authors of the phenomenal bestseller Protein Power comes a quick, easy-to-follow low-carb diet plan designed to get you on the fastest possible track to losing weight, feeling fantastic, and improving your health. If you've heard all the recent publicity about how low-carb eating can turn your health around--by keeping your insulin levels down and getting your excess weight off--but don't want to wade through hundreds of pages of explanation or complicated formulas before you get started, The 30-Day Low-Carb Diet Solution is for you. Unlike any other low-carb diet book in the market, this book gives you low-carb 101: the basics of low-carb eating without all the fuss. In this much-needed book, two of the most trusted names in low-carb dieting who have helped millions of readers lose weight provide the simplest possible diet designed for the best possible results. Drs. Michael and Mary Dan Eades give you the step-by-step basics--what to eat, what to avoid--and even provide specific low-carb meal plans to guide you at breakfast, lunch, dinner, and snacks for a full month. For those who would rather design their own meals, they include expert advice for easily creating a customized plan based on your current weight, health status, and goals. They show you the exact portions of carbohydrate-rich foods you can enjoy now to reach those goals and how to increase those amounts to maintain your health and weight for the long haul. Simply by knowing your height, weight, and gender, you can quickly determine how much protein to eat for optimal health--no complicated measurements, charts, or formulas to follow. The Drs. Eades include everything you need to get started now: self-assessment quizzes to help you effortlessly tailor your program to fit your needs, fill-in worksheets for planning meals and tracking your progress, and other important nutritional information for easy reference. By following the simple but highly effective and powerful diet in The 30-Day Low-Carb Diet Solution, complete with 30 days of meal plans and more than 100 delicious and easy recipes, you'll be on your way to a thinner and healthier you in just a month!

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Protein Power The High-Protein/Low-Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health--in Just Weeks!, Michael R. Eades, Mary Dan Eades, Oct 21, 2009, Health & Fitness, 448 pages. Join the thousands who have experienced dramatic weight loss, lowered cholesterol, and improvement or reversal of the damages of heart disease, adult-onset diabetes, and other.

Protein Power , Michael R. Eades, Mary Dan Eades, 1999, Health & Fitness, 448 pages. A pioneering husband-and-wife doctor team shows readers how their groundbreaking, protein-rich eating plan can succeed where low-fat diets fail, helping take off weight and.

The Rotation Diet Cookbook , Martin Katahn, Terri Katahn, Healthier L. Warren, 1987, Cooking, 445 pages. .

The Perfect Diet The Physician-Designed Diet for Easy Weight Loss and Optimal Health, Otis A. Plunk, MD, Oct 18, 2013, Health & Fitness, . Otis A. Plunk, MD, is a board-certified sports medicine physician and practitioner of preventive medicine who prides himself on changing people's lives for the better. He has.

The Doctor's Complete Guide to Vitamins and Minerals , Mary Dan Eades, 2000, Health & Fitness, 559 pages. Revised and updated, the physician's guide to vitamins, minerals, and nutrition covers

the latest research on calcium, B vitamins, and zinc, as well as new data on.

The 6-Week Cure for the Middle-Aged Middle , Mary Dan Eades, Michael R. Eades, 2011, Health & Fitness, 310 pages. The doctor duo that brought you to the low-carb lifestyle shows you how to regain in midlife the figure of sleek, flat-bellied youth. This is the first book to deal.

The Protein Power Lifeplan , Michael R. Eades, Mary Dan Eades, Jun 1, 2001, Health & Fitness, 464 pages. Introduces a lifestyle program that includes motivational advice, recipes, health tips, and nutritional guidelines to assist in treating major health problems, including.

Weight Watchers Quick and Easy Menu Cookbook Over 250 Seasonal Recipes and Menus Based on the Quick Success Program, Weight Watchers, Weight Watchers International, Inc. Staff, Mar 1, 1989, Cooking, 352 pages. From the kitchens of the world's most successful weight-loss organization comes Weight Watchers most tempting recipe collection: over 250 palate-pleasing dishes. More than half.

The Balanced Diet Cookbook Easy Menus and Recipes for Combining Carbohydrates, Proteins and Fats, Bill Taylor, 1997, Cooking, 159 pages. Based on Barry Sears' bestselling Zone Diet plan, which emphasizes a 40-30-30 ratio of carbohydrates, proteins, and fats, The Balanced Diet Cookbook provides simple recipes.

Cooking in the zone , , 1997, Health & Fitness, 263 pages. .

The Jenny Craig cookbook cutting through the fat, Jenny Craig, Dec 1, 1995, Cooking, 224 pages. Gathers recipes for low-fat appetizers, breads, main dishes, salads, soups, sandwiches, and more, and includes advice on nutrition and weight control.

The Slow Burn Fitness Revolution The Slow Motion Exercise that Will Change Your Body in 30 Minutes a Week, Fredrick Hahn, Michael R. Eades, Mary Dan Eades, 2003, Health & Fitness, 181 pages. Outlines a program of slow-movement exercise that safely increases strength and burns fat in only half an hour per week, providing step-by-step instructions designed to work.

Shake Off the Sugar Cookbook , Lynn Stephens, Feb 1, 2003, Cooking, 284 pages. Reap the benefits of controlling your carbohydrates and following a low glycemic dietary lifestyle. The Shake Off the Sugar Cookbook was specially created as a guide for.

Deep Water , Patricia Highsmith, Jul 17, 2003, Fiction, 272 pages. In Deep Water, set in the quiet, small town of Little Wesley, Patricia Highsmith has created a vicious and suspenseful tale of love gone sour. Vic and Melinda Van Allen's The Literary Companion to Low Life An Anthology of Prose and Poetry, Fiona Pitt-Kethley, 1995, Manners and customs, 258 pages

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Berwickshire and Roxburghshire , W. S Crockett, Nov 29, 2012, Science, 212 pages. This guide to Berwickshire and Roxburghshire was first published in 1926 as part of the Cambridge County Geographies Proceedings of the. International Workshop on Modeling, Analysis, and Simulation of Computer and Telecommunication Systems , E. Gelenbe, Vijay Madisetti, Jean Walrand, 1994, Digital computer simulation, 425 pages Prologue An Unconventional Life, Joan Brady, 1995, Authors, American, 213 pages. This is an autobiography of a woman who at the height of her dancing career with the New York City Ballet lost her confidence and so her chance at stardom. Years later, she 0544189310, 9780544189317 "Risk, Liability and Malpractice: What Every Plastic Surgeon Need To Know" is your indispensable guide to maintaining a reputable, safe, successful plastic surgery practice. -- Create attractive, self-styling curtains. -- Tie-tab curtains, and attractive variations.

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For All the World to See Visual Culture and the Struggle for Civil Rights, Maurice Berger, 2010, Photography, 207 pages. "In collaboration with: Center for Art, Design and Visual Culture, University of Maryland Baltimore County, National Museum of African American History and Culture, SmithsonianThe Wickhamses , William Pett Ridge, 1906, , 343 pages

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Birds of Australia , Jim Flegg, 2002, Nature, 367 pages. Features 840 bird species that live on or visit Australia
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2007, Fiction, 192 pages. More information to be announced soon on this forthcoming title from
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Kitchens , Fine Homebuilding, Jan 24, 2001, House & Home, 144 pages
Some Familiar Letters Between Mr. Locke, and Several of His Friends.. , John Locke, William Molyneux, Sir Thomas Molyneux (bart.), Philippus van Limborch, 1708, , 540 pages
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L'Abbe Constantin, Volume 3 (Webster's German Thesaurus Edition) , Inc Icon Group International, Ludovic Halevy, Jun 10, 2010, , 60 pages. This edition is written in English. However, there is a running German thesaurus at the bottom of each page for the more difficult English words highlighted in the text. ThereThe Impact of International Law on International Cooperation Theoretical Perspectives, Eyal Benvenisti, Moshe Hirsch, Sep 2, 2004, Law, . This 2004 book aims at advancing our understanding of the influences international norms and international institutions have over the incentives of states to cooperate on Mary Dan Eades, Michael R Eades

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The Future of Air Transport , Great Britain. Dept. for Transport, Jan 1, 2003, Aeronautics, Commercial, 173 pages. This White Paper sets out a strategic policy framework for the development of airport capacity in the UK over the next 30 years. Chapters focus on the following:
the strategic Mary Dan Eades, Michael R Eades 0544189310, 9780544189317

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Creating Another Self Voice in Modern American Personal Poetry, Samuel Maio, 2005, Literary Criticism, 375 pages. In this expanded and updated volume, Samuel Maio is definitive and comprehensive in his discussion of American personal poetry. While broadening the concept of persona to

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White Fang , Jack London, 2012, , 32 pagesFolk roots, new roots folklore in American life ; [an exhibition, organized by the Museum of Our National Heritage, Lexington, Mass., October 16, 1988 - June 25, 1989.], Jane S. Becker, Barbara Franco, Jan 1, 1988, Art, American, 196 pages Market leader upper intermediate business English. Course Book CDs, David Cotton, 2006, English language, 176 pages Mary Dan Eades, Michael R Eades * Funky 'City Life' chapter captures the soul of the city * Detailed walking tours around the must-see sights of this popular city * Inside guide to Melbourne's annual sporting.

Shattering the Great Doubt The Chan Practice of Huatou, Shengyan, Sheng Yen, 2009, Religion, 196 pages. A Chan Master who has co-lead retreats with the Dalai Lama presents the Chinese Zen meditational practice of asking an answerless question, called huatou, a traditional method
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