
The 2 Week Diet

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The 2 Week Diet

2024-06-04

EDEN ZION

A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health Orion

Draws on the latest scientific research to outline a diet that improves the body's fat-burning systems and promotes muscle building without deprivation, in a guide that includes menu plans, shopping guides, and a selection of customized workout plans.--

[Diet Two Days a Week, Eat the Mediterranean Way for Five North Atlantic Books](#)

TORCH FAT, LOOK YOUNGER, AND START LOSING YOUR BELLY—IN JUST 14 DAYS! NBC News health and wellness contributor David Zinczenko, the #1 New York Times bestselling author of Zero Sugar Diet, Zero Belly Diet, the Abs Diet series, and the Eat This, Not That! series, discloses why some of us stay thin and some of us lose weight with ease—and reveals the secret to how you can stay lean for life. The answer lies within your metabolism, the body's crucial, energy-burning engine that for so many of us is revving at less than half speed. With the help of this book, you can quickly and easily turn your metabolism into a fat-

melting machine. The Super Metabolism Diet features daily menus, handy shopping guides, a vast trove of amazing (though optional) workouts, and tons of delicious recipes—all designed to get your metabolism firing hotter than ever before! So say goodbye to bloat, harsh dieting, weight-loss fads, and even stress. Say bye-bye to belly fat and hello to a new and improved you. The Super Metabolism Diet is built on five core pillars (captured in a handy acronym) to ensure that your body burns more energy and stores less fat: Super Proteins, Super Carbs, and Super Fats Upping Your Energy Expenditure Power Snacks Essential Calories, Vitamins, and Minerals Relaxing and Recharging As Zinczenko reports: If you're heavier than you want to be or moving sluggishly through your days, you don't need to cut your favorite foods from your diet. You just need to up your intake of core proteins that will build more energy-burning muscle, consume the healthiest fats that help increase satiety and speed nutrients throughout your body, and reach for plenty of good-for-you carbs—yes, carbs!—that provide essential fiber. The result will be a stronger, leaner, happier you. And you'll be stunned at how good you look and feel in no time at all. "You'll see results

almost immediately, never be hungry, and watch the weight keep coming off!"—Michele Promaulayko, editor in chief of *Cosmopolitan* and former editor in chief of *Women's Health*

The 3-1-2-1 Diet Rodale Books

Using the key elements of the DASH (Dietary Approaches to Stop Hypertension) diet and proven, never-before-published NIH research, leading nutrition expert Marla Heller has created the most effective diet for quick-and-lasting-weight loss. Based on the diet rated the #1 Best Overall Diet by *Us News & World Report*, this effective and easy program includes menu plans, recipes, shopping lists, and more.

[A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health](#) Harper Collins

The 3 Week Diet Is a Foolproof Science Based Diet That Guaranteed To Melt Away 12 To 23 Pounds Of Body Fat In Just 21 Days. From day #1 on The 3 Week Diet, you'll see your scale moving, your body shrinking and your clothes fitting better. And not only will you begin to dramatically improve your physical appearance, you'll feel healthier and more energetic than you have in years. For many people, these significant and immediate improvements in appearance and well-being often result in greater confidence and even a whole new outlook on life. I sincerely hope this is your experience! The 3 Week Diet was created as a solution to all of those 'mainstream' diet programs on the market which are time-consuming, inefficient and just plain ineffective. After reading well over 500 medical studies, dozens of diet books and reviewing hundreds of diet systems, programs, gadgets, pills and potions, I have put together what I feel is the 'end-all, be-all' rapid weight loss diet system - the best

ever created. But don't get me wrong, this is not just unproven theory. This book is the result of more than a decade of research and more than two and a half years of real-world tweaking and testing. Understand that this is not another one of those diets which works for some and not others. This diet works for everyone. And not only does this diet work, it works fast, and it works every time - without fail. I decided to take time from my busy schedule to write this book after a great deal of encouragement from my friends, family and personal training clients. All of them have not only complemented me on my ultra-effective diet system and urged me to take it public -- and have also praised my ability to break down difficult concepts so that anyone can apply them and enjoy success. I have worked to condense this book into as few pages as possible, in order to give you the 'meat' of the system without all of the dry, boring medical data which goes along with it. While I have done my best to put this book together without any 'fluff', I feel it is extremely important to explain the reasons behind the methods. Like many people, I like to skip ahead and get to the 'actionable' parts of the system. When I do that, however, I usually don't get the exact results that are promised. That's because, like most people, I tend to take what sounds good to me, while ignoring the parts that I don't particularly like or want to do. Please trust me on this, and read this entire book. You have to know the reasons why the system works. When you fully understand the science, you will be far more likely to follow the 'rules' - and in return, you will see some very dramatic weight loss.

The Complete Scarsdale Medical Diet Rodale

The Boiled Egg Diet: The Easy, Fast Way to Weight Loss! Lose up to 25 Pounds in 2 short weeks! Are you looking to shed pounds quickly? Do you want a structure meal plan to get you started? Are you looking for a diet that will help you ditch those love handles? Then this book can help! The boiled egg diet is a diet that, as you guessed it, mainly consists of hardboiled eggs. Of course, that isn't all that you'll need to eat in order to shed those pounds! With hardboiled eggs mixed with healthy metabolism boosting fruits, low carb vegetables and other lean proteins, you'll watch the pounds melt away in as little as two weeks. Many people have reported as losing up to 25 pounds in just a few short weeks, but results may vary. In: The Boiled Egg Diet: The Easy Fast Way to Weight Loss! Lose up to 25 Pounds in 2 Short Weeks by Arielle Chandler you'll find all the information you need to get started, recipes to help you along the way, and a one week meal plan to get you started on the right track. There's no reason to deal with unwanted fat when this diet can help you shed those pounds in no time at all!

The Two Week Transformation

Rodale Books

Based on the latest scientific research, The 2-Day Diet is a dieter's dream come true. Diet for just 2 days a week and lose more pounds, more inches, more body fat, and more belly fat than you would on conventional pounds-off plans! Our test panelists lost an average of 9.1 pounds--and 10.9 inches--in just 6 weeks! And you can, too, with the easiest weight-loss plan ever. • It's flexible! Can't diet today? No problem. Do it tomorrow. • It's easy! A simple 2-day-a-week diet with quick recipes--and a healthy eating plan for the other 5 days. • It's permanent! Includes a

healthy plan you can follow for life. No more "lose 10 pounds, gain 15." Avoid regain and stay trim and healthy forever.

- It's super-efficient! A quick, twice-a-week exercise program to help you melt inches while you drop pounds.
- It's healthy! Our test panelists saw big improvements in blood sugar, cholesterol, triglycerides, and blood pressure level--lowering the risk for cancer, diabetes, heart disease, and more.

More Than 200 Delicious Recipes That Fit the Nation's Top Diet

Ballantine Books

Beverly Hills nutritionist Haylie Pomroy has a long list of loyal celebrity clients - including Jennifer Lopez, Raquel Welch and Reese Witherspoon. With this book she reveals her red carpet secrets - and promises you can lose up to 20lbs in 28 days. On this plan you're going to eat a lot - and still lose weight. You're not going to count a single calorie or fat gram. Instead, you're going to rotate what you're eating throughout each week in proven plan designed to set your metabolism on fire. Phase I (Monday-Tuesday): Lots of carbs and fruits Phase II (Wednesday-Thursday): Lots of proteins and veggies Phase III (Friday-Sunday): All of the above, plus healthy fats and oils By keeping your metabolism guessing, you'll get it working faster. You'll see the weight fall off, your cholesterol drop, your blood sugar stabilize, your energy increase, your sleep improve, and your stress dramatically reduce. All thanks to the miraculous power of real, delicious, satisfying food! Complete with 4 weeks of meal plans and over 50 recipes - including vegetarian, organic, and gluten-free options - this is the silver bullet for anyone who wants to naturally and safely eat their way to a slimmer,

healthier body.

The Omni Diet The 2 Week Diet The Fastest Way to Lose Weight - Lose Up 8 to 16 Pounds in 2 Weeks If you are overweight or suffer from obesity and want to lose weight because you are afraid of diabetes, heart disease, stroke and other diseases ... Then 2-week diet is an exact program for you. Created by a well-known nutritionist, personal trainer, and author Brian Flatt. The 2 Week Diet is a foolproof, health-based diet system that's designed to help you lose weight quickly. The 2 Week Diet promises you that change in just 14 days. This program is suitable for everyone, but it is unique. Unlike other diet programs, it harnesses the power of psychology, and benefit from faster results. With this 2-week diet system, you will get a uniquely tailored guide with a full meal plan and exercise regimen and motivational guide for the next 2 weeks. What is The 2 Week Diet? The 2-week diet is a health based diet system designed to help you lose weight quickly. On average, people who undertake The 2 Week Diet lose up to 6 pounds of weight over 14 days. Many can reach their ideal weight with this diet. It all depends on how much effort you put in the diet. But do not worry, Brian is there to help you throughout your journey and provide everything you need to achieve your goals. You can also continue the diet beyond two weeks to lose even more weight! It's really up to you! The 2-week diet is a combination of different diets that are concatenated in different phases. The diet begins with a detoxification phase, then an optional fasting phase followed by two different low carb phases. How Does The 2 Week Diet Program Works? The 2 Week Diet Program is designed to help burn body fat in your hips, thighs, belly and butt.

One of the cornerstones of the 2-week diet is The 3 Pound Rule which ensures that the weight you have lost, stays lost forever. Once the 2-week diet is complete, or once you've reached your goal weight, it will continue to weigh yourself every day. If at any time the scale reads 3 pounds or more than your ideal weight, it immediately begins Phase 1 of the 2-week diet until the weight is back to your ideal weight. This allows you to enjoy "cheat" meals every once in a while ' and remains subtle. All recommended foods in Week 2 diet are not expensive and can be found at your local grocery store or supermarket. In fact, you will probably save money by following The 2 Week Diet since every meal is set out for you in the exact quantities according to your measurements - with no leftover waste! This diet provides real foods that taste great and pack a fat-burning punch! There are special teas, detox juices, diet shakes or anything like that. Just good wholesome food! The given workouts are very minimal and not a requirement if you want to lose weight through diet two weeks. They help to speed up the process, but you can still lose so much weight, focusing solely on your diet. If you choose to make them, they are very light and not tiring. A gym membership is not required. =” Scroll up, click the "Buy" button now, and begin your journey to a perfect life! The 2-Day Diet Diet two days a week. Eat the Mediterranean way for five. Lose weight, lower cholesterol, significantly reduce the risk of disease, and become physically fit--in just 4 weeks. Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire

physical condition-several had dangerously high cholesterol levels (the highest was 344!)-he sprang into action and created a life-saving plan for the firehouse. By following Rip's program, everyone lost weight (some more than 20 lbs.), lowered their cholesterol (Mr. 344's dropped to 196), and improved their overall health. Now, Rip outlines his proven plan in this book. With Rip as your expert coach and motivator, you'll transform your body and lifestyle in a month. His plant-powered eating plan is based on a diet of whole foods, including whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features: Dozens of easy, mouthwatering recipes-from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts-that will keep you looking forward to every bite
 Pantry-stocking tips will take the panic out of inevitable cravings and on-the-fly meals
 Guidelines on menu choices that will allow you to eat out, wherever and whenever you want
 Rip's simple, firefighter-inspired exercise program that will boost your metabolism and melt your fat away. Medically approved, easy-to-follow, and amazingly effective, this diet is designed for anyone who wants to make heroic strides in his or her health, weight, and well-being-all without heroic effort. "Want to be as strong as a Texas firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His book can save your life--whether you're a man or a woman. Highly recommended!" -Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, U of California, SF, author, Dr. Dean Ornish's Program for Reversing Heart Disease
Lose Up to 20 Pounds in 28 Days - Eat

More Food and Lose More Weight Rodale Books

Many of us experience signs and symptoms of hormonal imbalance every day. Do you have trouble dragging yourself out of bed in the morning? Ever have an uncontrollable sugar craving at 3 p.m.? Chronic headaches? Lack of energy? Do you get stressed just sitting in your office? Our bodies are wired to send us signals when something isn't right, but often we're too busy to hear them. Compounding the problem is a lack of understanding about the consequences if these symptoms are left unaddressed. Without hormonal balances, we are more likely to succumb to many diseases and illnesses. The Hormone Diet lays out a foolproof plan to balance your life, one hormone at a time. But it is more than just a diet book. Along with advice for weight loss, Dr. Natasha Turner provided recommendations for anti-inflammatory detox, nutritional supplements, exercise, sleep, stress management, toxin-free skin care, and natural hormone replacement combined with a diet plan—all incorporated into a 3-step wellness program focused on the essentials of hormone balance for lasting health.

Diet Handbook Harmony

Lose 10 pounds of weight, 4 pounds of stubborn fat and shave inches off hips, bums and bellies in just 14 days by revving things up a gear or two and making a unique combination of easy-to-adopt changes to eating, exercising, shopping, cooking and sleeping habits!

The Super Metabolism Diet Grand Central Life & Style

Along with the many benefits of leisure-class living comes obesity and its attendant ailments. In *The Warrior Diet*, Ori Hofmekler looks not forward but

backward for a solution—to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple lifestyle overhaul. Drawing on both scientific studies and historical data, Hofmekler argues that robust health and a lean, strong body can best be achieved by mimicking the classical warrior mode of cycling—working and eating sparingly (undereating) during the day and filling up at night. Specific elements from the Warrior Diet Nutritional Program (finding ideal fuel foods and food combinations to reduce body fat) to the Controlled Fatigue Training Program (promoting strength, speed, and resilience to fatigue through special drills), literally reshape body and mind. Individual chapters cover warrior meals and recipes; sex drive, potency, and animal magnetism; as well as personalizing the diet for women. Featuring forewords by Fit for Life author Harvey Diamond and Fat That Kills author Dr. Udo Erasmus, The Warrior Diet shows readers weary of fad diets how to attain enduring vigor, explosive strength, a better appearance, and increased vitality and health. [The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever](#) St. Martin's Griffin

If you are overweight or suffer from obesity and want to lose weight because you are afraid of diabetes, heart disease, stroke and other diseases ... Then 2-week diet is an exact program for you. Created by a well-known nutritionist, personal trainer, and author Brian Flatt. The 2 Week Diet is a foolproof, health-based diet system that's designed to

help you lose weight quickly. The 2 Week Diet promises you that change in just 14 days. This program is suitable for everyone, but it is unique. Unlike other diet programs, it harnesses the power of psychology, and benefit from faster results. With this 2-week diet system, you will get a uniquely tailored guide with a full meal plan and exercise regimen and motivational guide for the next 2 weeks. What is The 2 Week Diet? The 2-week diet is a health based diet system designed to help you lose weight quickly. On average, people who undertake The 2 Week Diet lose up to 6 pounds of weight over 14 days. Many can reach their ideal weight with this diet. It all depends on how much effort you put in the diet. But do not worry, Brian is there to help you throughout your journey and provide everything you need to achieve your goals. You can also continue the diet beyond two weeks to lose even more weight! It's really up to you! The 2-week diet is a combination of different diets that are concatenated in different phases. The diet begins with a detoxification phase, then an optional fasting phase followed by two different low carb phases. How Does The 2 Week Diet Program Works? The 2 Week Diet Program is designed to help burn body fat in your hips, thighs, belly and butt. One of the cornerstones of the 2-week diet is The 3 Pound Rule which ensures that the weight you have lost, stays lost forever. Once the 2-week diet is complete, or once you've reached your goal weight, it will continue to weigh yourself every day. If at any time the scale reads 3 pounds or more than your ideal weight, it immediately begins Phase 1 of the 2-week diet until the weight is back to your ideal weight. This allows you to enjoy "cheat" meals every once in a while ' and remains subtle. All

recommended foods in Week 2 diet are not expensive and can be found at your local grocery store or supermarket. In fact, you will probably save money by following The 2 Week Diet since every meal is set out for you in the exact quantities according to your measurements - with no leftover waste! This diet provides real foods that taste great and pack a fat-burning punch! There are special teas, detox juices, diet shakes or anything like that. Just good wholesome food! The given workouts are very minimal and not a requirement if you want to lose weight through diet two weeks. They help to speed up the process, but you can still lose so much weight, focusing solely on your diet. If you choose to make them, they are very light and not tiring. A gym membership is not required. =” Scroll up, click the "Buy" button now, and begin your journey to a perfect life!

[A 3-Step Program to Help You Lose Weight, Gain Strength, and Live Younger Longer](#) Createspace Independent Publishing Platform

Originally published in New York by Atria Books, 2013.

[You Can Lose All the Weight You Want By Part Time Fasting Only 2 Days a Week!](#) A. B. Lawal

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 soup and half a banana topped with peanut butter for lunch; grilled chicken and zucchini over pasta for dinner; and an orange with a cup of milk for a snack. With real delicious food filling your tummy, you won't believe it all adds up to only about 600 calories. For the rest of the week, you follow a delicious 1500-calorie-a-day Mediterranean-style eating plan—we call these “Nourishment” days. You can enjoy a bounty of brightly colored fruits and vegetables, lean proteins, whole grains, and even a few treats. The book will include: A 2-week day-by-day meal plan that lays out sample Power Burn and Nourishment days More than 60

meal options, including restaurant and frozen food options, so you can customize the menus to your taste and lifestyle. More than 50 delicious diabetes-friendly recipes. An optional easy walking and strength-training program to boost results even more. Stress-reducing exercises to help you ward off cravings and reduce hunger. Success stories from the 10 men and women who tried the plan with amazing results! The plan is designed to be flexible—you can do your Power Burn days whenever works for you, and you can personalize almost any meal to suit your tastes—and will work for both people with type 2 diabetes and those at risk.

The Ultimate Guide to Optimum Weight Loss, Increased Metabolism, and Reaching Your Overall Health Goals Heinemann

Dr Mike Moreno's 17 Day Diet is a revolutionary new weight-loss programme that activates your skinny gene so that you burn fat day in and day out. The diet is structured around four 17-day cycles: Accelerate- the rapid weight loss portion that helps flush sugar and fat storage from your system; Activate-the metabolic restart portion with alternating low and high calorie days to help shed body fat; Achieve - this phase is about learning to control portions and introducing new fitness routines; Arrive - A combination of the first three cycles to keep good habits up for good. Each cycle changes your calorie count and the food that you're eating. The variation that Dr. Mike calls 'body confusion' is designed to keep your metabolism guessing. This is not a diet that relies on a tiny list of approved foods, gruelling exercise routines, or unrealistic calorie counts that leave you hungry and unfulfilled. Each phase comes with extensive lists of what

dieters can and can't eat while on the phase, but also offers acceptable cheats. He advises readers not to drink while on the diet, but concedes that if they absolutely have to then they should at least drink red wine. Dr Mike knows that a diet can only work if it's compatible with the real world, and so he's designed the programme with usability as a top priority.

The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds Createspace Independent Publishing Platform

Why You Should Read This Book: It might not seem clear to you right now but the 14-day diet is the most essential diet tool that you might ever stumble across to help you get control of your body and health FAST! Why? Because it delivers POWERFUL results in just 14 days. As a personal trainer and fitness expert, I've tried everything and seen everything... but nothing delivered my clients dramatic results like the 14-day diet. I've used it to help my clients drop from a size 12 to a size 6, lose up to 20 lbs., get into bikini-body shape, and win fitness contests, all while undergoing dramatic visible transformations (that they can literally see in the mirror!) in a matter of days. The 14-day Rapid Fat Loss Diet is proven to target stubborn belly fat and produce lasting results. Most people report losing up to 3 inches off their bellybutton in 14 days and up to 6% body fat in 21 days (3x faster than the normal rate of fat loss!). But the BEST news is- it's extremely simple to follow. You don't need a lot of time. You don't have to do much prep or cooking your meals ahead, and it's super easy to understand. And while the 14-day diet is a rapid fat loss tool, its framework will help you understand how to eat for the

rest of your life. That's why I believe the 14-day diet is the ONLY diet you'll ever need. So if you're frustrated and looking for a simple solution that will help you lose weight once and for all, then look no further, because you've finally found it! Let's get started...

The 17 Day Diet CreateSpace

From the experts behind the New York Times bestseller *The Spark* and the creators of SparkPeople.com comes *The Spark Solution*, a breakthrough two-week diet program to help you lose weight and optimize your health. *The Spark Solution* is a dynamic, comprehensive, and proven program. With an introduction by Chris Downie, founder and CEO of SparkPeople, this day-by-day guide combines the latest data and strategies on nutrition, incredibly delicious recipes, and essential workouts. The experts at SparkPeople designed this easy-to-follow regimen to deliver effective and sustainable weight loss. Thousands have already tried it, lost weight, and discovered a path to healthy living. SparkPeople have taken all the questions and bumps in the road out of the equation with *The Spark Solution*. There is no better way to lose weight and no better time than right now. Let these first two weeks transform your life. This enhanced digital edition includes before and after shots of people who have lost weight using *The Spark Solution*, videos to keep you motivated and thoughtful, and recipe links for tracking recipes on SparkPeople.com.

Power Your Metabolism, Blast Fat, and Shed Pounds in Just 15 Days

Simon and Schuster

This book will introduce you to the Zone Diet, its benefits, and how to implement it into your life with 75 recipes and a 2 week meal plan.

2-Day Diabetes Diet Short Books

A companion to "The South Beach Diet" presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

The Fast Metabolism Diet Harper Collins

Kiss cellulite goodbye! The Fat Flush® Plan melts fat from hips, waist, and thighs in just two weeks and re-shapes your body while detoxifying your system. The Fat Flush Plan is a groundbreaking low carb/detox diet and fitness program. Fat Flush is known as the only diet program that gets rid of bloat, supports the liver, cleans up the lymph, and helps to eliminate the appearance of cellulite - for good. An international best-seller with legions of devoted followers, The Fat Flush Plan has been featured on "The View," as well as in cover articles in Time, Glamour, Self, and many others. It is based upon essential fats (such as flax seed oil and flax seeds), balanced proteins (including eggs, meat, fish, and moderate soy) plus low-glycemic healthy carbs from fat flushing fruits and vegetables. The Plan also features "cleansing" tonics such as unsweetened cranberry juice and water, the "Long Life Cocktail," and daily hot water and lemon juice as well as a delicious array of fat burning, water regulating, and insulin controlling herbs and spices (think cayenne, mustard, cilantro, parsley, cinnamon, and cloves).