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The Skinny Rules The Simple Nonnegotiable Principles for

Each of these rules are backed up with his personal experience and some science information as well. I loved this combination in the book and heard the entire book cover to cover. The principles are excellent. In fact, I heard Harper's next book, THE SKINNY HABITS first, then looked for THE SKINNY RULES and heard this book as well.

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The Skinny Rules Bob Harper Greg Critser Google Books

His rules are as easy as: Don't Drink Your Calories; Eat Protein at Every Meal and No Carbs After Lunch. Bob doesn't stop at just teaching you the rules, either. He also shows you how to integrate them into your everyday life by supplying menu plans and 90 delicious, rule-abiding recipes for breakfast, lunch and dinner. If that wasn't enough, there are also tips for what to stock in your fridge and meals you can prepare ahead in case you don't have time to cook during the week.

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The Skinny Rules by Bob Harper Greg Critser

Distilling Bob s vast knowledge of nutrition, weight-loss strategy, and human nature down to twenty simple, nonnegotiable principles, The Skinny Rules will help you step away from a reliance on processed foods and the need for so much sweet and salt and step into a newly thin lifestyle. And Bob s methods couldn t be more straightforward.

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Skinny Rules 20 Must Do Weight Loss Principles

The Skinny Rules details a series of guidelines that will help you adopt a healthier way of eating. By following Bob Harper s rules and meal plan you will gain the knowledge and skills necessary to achieve your weight loss goals.

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Book Review The Skinny Rules By Bob Harper Chapters

They may have a lot more vitamin A, but as long as you're eating a varied diet you're probably not deficient in that. Otherwise, they have essentially the same calories, same fiber, same carbs, and same protein.

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THE LAST DIET BOOK YOU'LL EVER NEED With so much conflicting weight-loss advice out there to confuse your efforts, it's no wonder you haven't been successful losing weight and keeping it off.

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