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THE ONE ONE ONE DIET: THE SIMPLE 1:1:1 FORMULA FOR FAST AND SUSTAINED WEIGHT LOSS (HARDBACK)



Rodale Press Inc., United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. Anyone who has tried to slim down is used to adding (calories, points, fat grams, net carbs) and subtracting (pounds, inches, dress sizes). But all that diet math rarely results in long-lasting weight loss. To be successful on The One One One Diet, readers only need to count to one: one protein, one carb, and one fat at every meal. For over 12 years, nutritionist...

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- Authored by Rania Batayneh, Eve Adamson
- Released at 2014



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