



Stop Drop Diet: Lose Up to 5 Lbs in 5 Days (Hardback)

By Liz Vaccariello

Reader s Digest Association, United States, 2015. Hardback. Book Condition: New. 259 x 185 mm. Language: English . Brand New Book. New York Times best-selling author and Reader s Digest editor-in-chief Liz Vaccariello presents the easiest diet ever, offering quick and easy meals you can find or make anywhere you go using your favorite everyday brand-name foods so you can drop up to a pound a day! Want to drop up to a pound a day? You don t have to give up your favorite foods or become a slave to your stove. Just follow this guide to lightening up by making little tweaks to your favorite breakfast, lunch, dinner, and snacks. After analyzing the more than 40,000 products in the average supermarket plus menu items at popular chain restaurants and ingredients in everyday recipes, New York Times best-selling author and Reader s Digest editor-in-chief Liz Vaccariello reveals the hidden fat bombs you re eating and the simple, healthier substitutes that taste just as good. She tells you how to change brands, substitute similar foods, order better takeout and restaurant meals, and buy smarter at the grocery store. Losing weight has never been so simple! Featuring more than 500 photographs,...



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