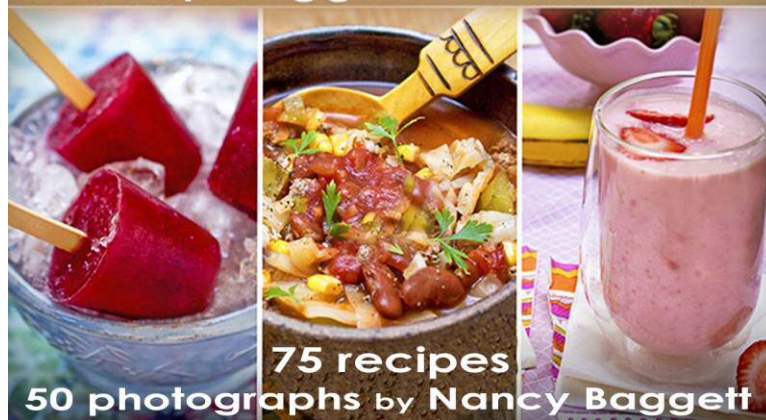




The 2 Day a Week Diet COOKBOOK

Nancy Baggett & Ruth Glick



75 recipes
50 photographs by Nancy Baggett

The 2 Day a Week Diet

75 Recipes & 50 Photos

Nancy Baggett & Ruth Glick

Photographs by Nancy Baggett

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Sample Dishes in
*The 2 Day a Week
Diet*

Contents

INTRODUCTION

SAMPLE RECIPES

SALADS

[Fiesta Chopped Salad](#)

[Potato Cauliflower Salad](#)

SOUPS AND STEWS

[Creamy Tomato Soup](#)

[Fast-Day Vegetable Soup](#)

[Tex Mex Ground Beef and Vegetable Soup](#)

MAIN DISHES

[Ginger Shrimp and Vegetables Skillet](#)

[Sausage and Sauerkraut Skillet](#)

[Ham and Cheese Sandwich](#)

[Singapore Noodles with Chicken](#)

SNACKS

[Strawberry Lassi](#)

[Pomegranate Pops](#)

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INTRODUCTION

For most of us, maintaining desired weight or shedding pounds is an ongoing struggle. Parties, dinners with friends, calorie-laden fast-food meals, and endless opportunities for snacking (encouraged by a barrage of advertisements) constantly entice us to eat more than we should. This is certainly true for the two of us. Because we spend a lot of time creating and testing recipes and sitting and writing about food, we definitely understand dieters' challenges and have been waging our own a battle of the bulge for years.

But recently we made a lifestyle change that has been a big help in our never-ending fight against the dreaded "expanding waistline." We've been following what's called the Fast Diet or sometimes the 5-2 Diet. It involves eating a normal diet five days a week and "fasting" by consuming only 500 calories (guys can eat 600 calories) on two (nonconsecutive) days. (We should emphasize that fasting dishes can be surprisingly varied, appealing, and satisfying—like our Guiltless Chili shown here and Shrimp and Artichoke Salad shown below.)



If this plan sounds remarkably straightforward and doable, it is! We've stayed on it; and, honestly, it works! Over three months, Ruth has lost 15 pounds and Nancy, who never loses anything on any diet, has lost 4 pounds! (Several controlled comparative studies of groups of dieters have shown that our results aren't unique. One study at the University Hospital, South Manchester, England, found that 65 percent of Fast-Diet participants lost weight compared to only 40 percent of those on more typical everyday diet plans.) Of course, you should check with your doctor before starting this or any other diet to make sure it's suitable for you.



Why the Fast Diet is effective, easy, and flexible.

We find the Fast Diet much easier to follow than others we've tried partly because it calls for restricting calories only on two nonconsecutive days each week. We can stick to our fasting days better just knowing that we'll be back to eating normally the very next day. The "normal eating" days also help prevent us from becoming too ravenous (and maybe cheating), though, interestingly, we find that we don't tend to overeat on the normal non-dieting days.

Another big advantage of the Fast Diet is that it provides a convenient, structured way to counterbalance the inevitable moments when we overindulge. We don't have to forego

enjoying some goodies when we're out at parties or dinners, because we know we'll be undoing any diet damage the next day! Plus, since we can select the two nonconsecutive fast days, we're able to readily fit them in and around our travels, vacations, and holiday events.

Why we call our book *The 2 Day a Week Diet*.

Modestly, we have to say that we also think that part of our success with the Fast Diet is due to the recipes we've specially created and present to you here. We knew that fast days would be easier for us and our families, if we could choose from a whole range of tasty, yet easy choices. And, having written a number of popular healthy and special-diet cookbooks and recipes for publishers, including the American Diabetes Association, Rodale Books, and *Eating Well*, we are highly experienced at turning out really appealing, nourishing, restricted-calorie fare.



So, we set to work and came up with an interesting, very doable assortment of light main dishes, soups, salads, sandwiches, vegetables, easy breakfasts, snacks, and even beverages. (We've given you a sneak peek of some of the recipes that will be in the published book on a picture thumbnail page above. Our Vegetable-Ham Stew is above,

and Chicken-Rice Soup and Moroccan-Style Winter Squash are pictured below.) Most recipes have 150 calories or fewer per serving, although a few main dishes are a bit higher. You'll notice that we provide a particularly generous collection of calorie-wise soups and salads. That's because these can be served in fairly ample 1- to 2-cup servings and provide a lot of eating satisfaction—which is definitely helpful on fasting days. (In fact, soups, salads, and snacks may become a mainstay in your regime; they are in ours.)

By the way, it's possible either to eat three light meals (that add up to 500 or fewer calories in total) during your fast day, or to choose very low-calorie recipes and graze every few hours. Or you can make a main dish, eat only half a serving, and save the rest for another mini-meal.



Another reason we've called our book *The 2 Day a Week Diet*, is that most of the dishes are quick and easy. We wanted to be able to fit them into our busy schedules and assume that you'd want to do the same. To that end we often rely on healthful, calorie-wise convenience products like seasoned canned tomatoes, ready-to-use bags of slaw, pre-washed and cut vegetables, and canned chicken broth, and we try not to call for hard-to-find specialty-store ingredients.

You'll also notice that where appropriate we employ time-savers like the microwave oven and food processor to cut cooking time and preparation tasks. Other techniques are

designed specifically to save calories by reducing fat and carbs in recipes. Additionally, we've provided lots of helpful shopping, storage and serving tips throughout the book.

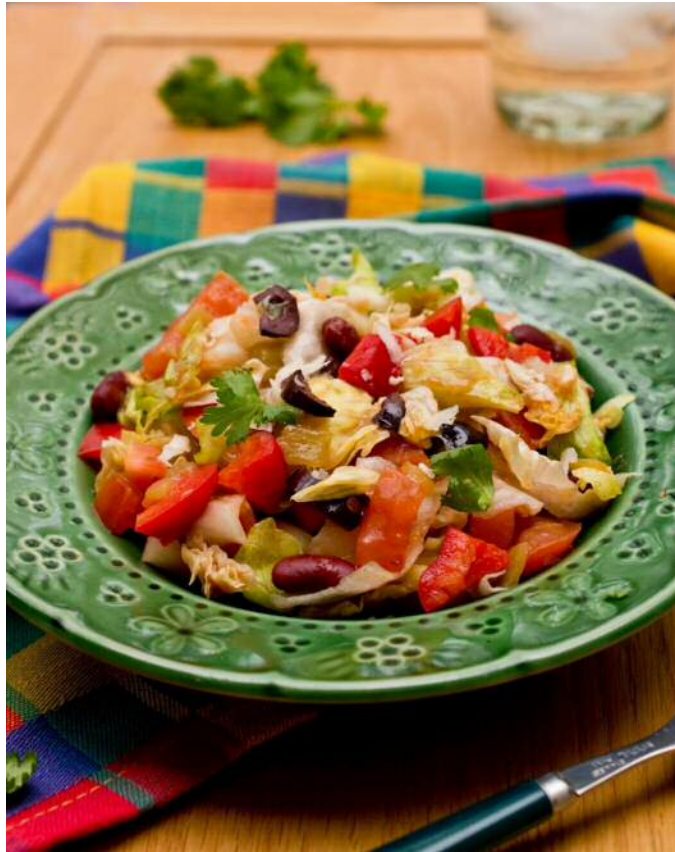


Still another important plus of the recipes in our book: While they limit calories, they are carefully designed to provide the broad range of nutrients and foodstuffs needed for a healthy diet. To let you see at a glance exactly what's in what you're eating, each recipe has been nutritionally analyzed with professional software and includes a label showing the fat, sodium, carbohydrates, and protein per serving. Additionally, to help you conveniently do the math and quickly choose dishes that fit your calorie budget, the calories per serving are also included at the beginning of each recipe.

One more reason we call our book *The 2 Day a Week Diet*: We carefully test all our recipes—including the ones that aren't pictured in the book! We want to be sure that they taste good and will work for you in your kitchen, and testing is the only way to be absolutely certain.

We hope you're now eager to jump in and get started. Come along on our weight-loss journey. Our trip has been quite slimming (and less arduous than we expected), and we hope yours will be too.

Fiesta Chopped Salad



Colorful and zesty, this makes a generous and pleasing fast-day lunch. One secret to the flavor is the brine from the black olives, so don't leave it out.

Tip: The heat level of green chiles can vary considerably, so taste them before adding in the full amount.

Makes 2 180-calorie servings, 2 generous cups each.

1/4 cup rinsed and drained canned kidney beans

1/4 cup chopped canned green chiles

1/4 cup bottled salsa or picante sauce

2 Tbsp chopped pitted black Kalamata olives, plus 2 Tbsp olive brine

1 1/2 tsp extra virgin olive oil

1 cup chopped fresh tomatoes

1/2 cup chopped sweet red or green bell pepper

4 cups coarsely chopped iceberg lettuce

1 Tbsp shredded or grated reduced-fat Cheddar cheese

1. In a large bowl, thoroughly stir together beans, green chiles, salsa, olives, and oil.

2. Add tomatoes, peppers, and lettuce, and toss until well combined.

Serve immediately or refrigerate for up to 2 days. Just before serving, sprinkle top with cheese.

Nutrition Facts	
Serving Size 2 cups (341g)	
Servings Per Container 2	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	21%
Total Carbohydrate 28g	9%
Dietary Fiber 10g	40%
Sugars 8g	
Protein 9g	

Potato Cauliflower Salad



If you're craving potato salad, try this tasty combination of potatoes and cauliflower, which tastes just as good but cuts the calories considerably.

Tip: For a quick garnish, reserve some of the green onions and parsley, and sprinkle them over top just before serving.

Makes 3 110-calorie servings, about 3/4 cup each.

Salad

1 cup red-skin potato cubes (either unpeeled or peeled)

2 cups small cauliflower florets

1/2 cup chopped celery

2 Tbsp *each* thinly sliced green onion tops and chopped parsley

Dressing

3 Tbsp light mayonnaise

2 Tbsp reduced-fat buttermilk

1/2 tsp *each* dried thyme and basil leaves

1/8 tsp celery salt

1. Place potatoes in a small saucepan, and cover with water. Bring to a boil over high heat, reduce heat to medium, cover, and cook about 10 to 12 minutes, until potatoes are very tender when pierced with a fork. Cool under running water, and drain well.

2. While potatoes are cooking, place cauliflower in a 2-cup measure or microwave-safe bowl. Cover with wax paper, and microwave on high power 3 to 4 minutes, until cauliflower is partially cooked. Cool under running water; drain well.

3. Meanwhile, in a medium-sized bowl, stir together mayonnaise, buttermilk, thyme, basil, and celery salt. Stir in potatoes, cauliflower, celery, and green onion. Serve at once, or cover and refrigerate.

Salad will keep in refrigerator, covered, 1 or 2 days.

Nutrition Facts

Serving Size 3/4 cup (170g)

Servings Per Container 3

Amount Per Serving

Calories 110 **Calories from Fat** 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 190mg **8%**

Total Carbohydrate 14g **5%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 3g

Creamy Tomato Soup



This soup is a true marvel, an astonishing 60 calories per serving but surprisingly satisfying and also quick to make. On fast days, we like to pair it with a “grilled cheese sandwich” made by spreading grated reduced-fat Cheddar cheese (2 % fat cheese) onto a reduced-calorie English muffin half or a slice of light bread and microwaving on medium power for 30 seconds or until the cheese begins to melt. The calories for the total meal are still under 200.

Tip: We also like this soup just fine without the half and half. Leaving it out saves 20 calories a serving!

Makes 2 60-calorie servings, about 1 1/4 cups each.

1 1/2 cups fat-free chicken broth or bouillon

1 cup canned tomato sauce

1/4 cup fat-free half and half

2 to 3 drops hot pepper sauce, optional

Fresh ground black pepper for garnish, optional

1. In a medium-sized nonreactive saucepan, combine broth and tomato sauce. Add half and half, and stir to mix well.

2. Heat over medium heat to piping hot and serve. Garnish with fresh ground black pepper, if desired.

Soup will keep in the refrigerator 2 or 3 days, or freeze for up to 2 weeks for longer storage. If soup has been refrigerated or frozen, reheat and stir before serving.

Nutrition Facts	
Serving Size 1 1/4 cups (322g)	
Servings Per Container 2	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1360mg	57%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 4g	

Fast-Day Vegetable Soup



This is a wonderful soup for fast days. It's tasty, filling, low in calories, and easy to make. Also, you can vary the vegetables. If you don't have zucchini, for example, you can use more of any of the other kinds of vegetables called for in this recipe. We like to make a big batch and keep it in the refrigerator for several days.

Makes 6 90-calorie servings, about 2 cups each.

8 cups fat-free chicken broth or bouillon

2 cups green beans, trimmed and broken in half

1 cup sliced celery

3 cups thinly sliced cabbage

2 cups *each* broccoli and cauliflower florets

1 cup large zucchini cubes

1/2 cup coarsely chopped parsley leaves

1 tsp *each* dried thyme leaves and dried basil leaves

1 bay leaf

1 cup canned diced tomatoes, including juice

1. Place broth in a large pot, and bring to a gentle boil. Add green beans and celery.
2. While liquid is boiling, add cabbage, broccoli, cauliflower, zucchini, and parsley. Then add thyme, basil, and bay leaf.
3. Reduce heat, cover, and simmer for about 15 minutes until green beans are tender when tested with a fork.
4. Add tomatoes and simmer an additional 10 to 15 minutes until vegetables are tender when pierced with a fork. Remove bay leaf before serving.

The soup will keep for 3 or 4 days in the refrigerator and can be frozen for up to 2 weeks for longer storage.

Nutrition Facts

Serving Size 2 cups (547g)

Servings Per Container 6

Amount Per Serving

Calories 90 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 710mg **30%**

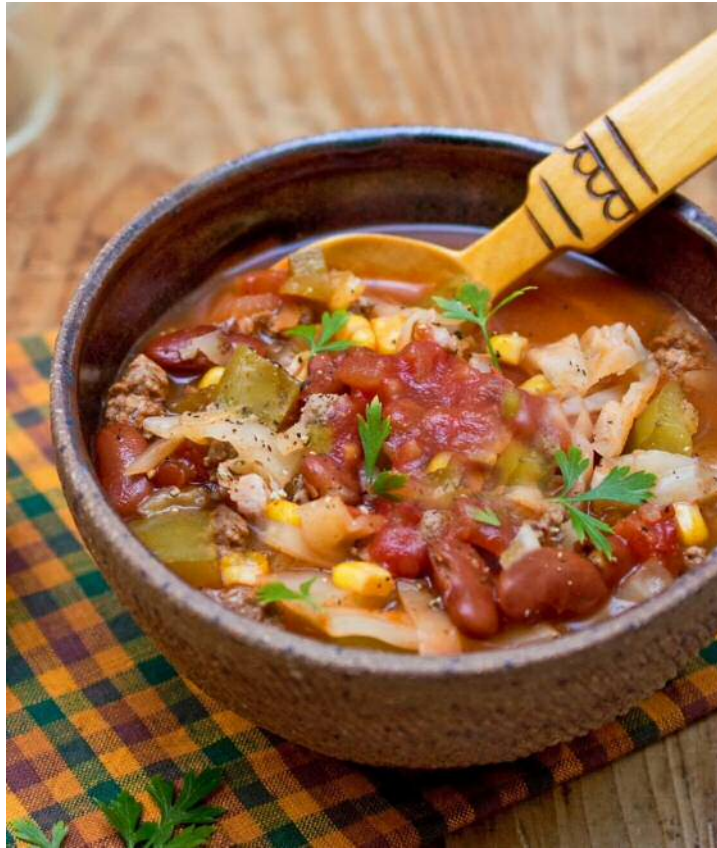
Total Carbohydrate 12g **4%**

Dietary Fiber 5g **20%**

Sugars 6g

Protein 12g

Tex Mex Ground Beef and Vegetable Soup



Think of this hearty ground beef and bean soup as a cross between chili and mixed vegetable soup. It makes a hearty lunch or dinner entrée. For extra zip, top each serving with a little more salsa and a few fresh cilantro sprigs.

Makes 4 140-calorie servings, about 2 1/4 cups each.

4 oz extra-lean ground beef

6 cups fat-free chicken broth or bouillon

1 cup mild bottled salsa

2 cups coarsely shredded cabbage

1 cup chopped green sweet pepper

1/2 cup kidney beans

3/4 cup frozen corn kernels

1/2 tsp *each* chili powder and ground cumin, or to taste

1. In a medium-sized pot over medium-high heat, cook ground beef, stirring constantly until lightly browned all over, about 6 minutes. If it begins to stick to the pan, stir in a little broth.

2. Add broth and salsa, then vegetables and seasonings.

3. Cook, covered, for 20 to 25 minutes until flavors are well blended and soup has cooked down slightly.

Soup will keep refrigerated for 2 or 3 days. Or freeze for up to 3 weeks.

Nutrition Facts	
Serving Size 2 1/4 cups (565g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 1770mg	74%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 11g	

Ginger Shrimp and Vegetables Skillet



You'll need fresh ginger for this quick and easy Asian-inspired shrimp skillet. For a little extra zip, serve sprinkled with a few thin strips of fresh ginger and some sliced green onions.

Makes 2 160-calorie servings, about 1 cup each.

2 Tbsp light soy sauce

2 tsp rice vinegar or white wine vinegar

2 tsp peeled and minced fresh ginger

1 tsp peeled and chopped fresh garlic

1 tsp toasted sesame oil

2 to 3 drops Sriracha hot chili sauce or other hot pepper sauce

1/2 cup thinly sliced celery (cut on a diagonal)

1/2 cup diced water chestnuts

1 1/2 cups small broccoli or cauliflower florets (or a combination)

1/4 cup sliced green onion tops (cut on a diagonal), plus more for garnish

1 cup peeled, deveined, fresh medium-sized shrimp

1. In a medium-sized skillet, stir together soy sauce, vinegar, ginger, garlic, sesame oil, and Sriracha sauce. Cook over medium heat, stirring occasionally 1 to 2 minutes, to allow flavors to blend.

2. Stir in celery, water chestnuts, broccoli, green onions, and shrimp. Raise heat, then adjust it so that sauce simmers.

3. Cook for 3 minutes, stirring, until vegetables are crisp tender and shrimp are just pink and cooked through.

Serve immediately.

Nutrition Facts

Serving Size 1 cup (288g)

Servings Per Container 2

Amount Per Serving

Calories 160 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 230mg **77%**

Sodium 1900mg **79%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 24g

Sausage and Sauerkraut Skillet



Caraway, a key flavoring component in most seeded rye breads, also adds aroma and robust taste to this hearty skillet.

Tip: You can find fresh sauerkraut in plastic bags in the supermarket deli section. We call for turkey sausage because it's lower in fat than beef or pork sausage.

Makes 3 180-calorie servings, about 1 cup each.

6 oz turkey reduced-fat kielbasa (or similar) sausage

2 tsp olive oil

1 cup canned diced tomatoes

1 1/2 cups fresh sauerkraut, drained

1 tsp caraway seeds

1 to 2 tsp sugar substitute, to taste, optional

1/8 tsp black pepper

Chopped fresh chives or parsley for garnish, optional

1. Cut sausage into thin rounds. In a large non-stick nonreactive skillet over medium heat, cook sausage in oil until slightly browned, about 6 to 7 minutes, stirring frequently.

2. Add tomatoes, sauerkraut, caraway seeds, sugar substitute, and pepper. Stir to mix well. Bring to a boil. Reduce heat, cover, and simmer about 15 minutes until flavors are well blended.

3. Garnish with chives or parsley, if desired, before serving.

Skillet will keep, covered and refrigerated, for 2 to 3 days.

Nutrition Facts	
Serving Size 1 cup (267g)	
Servings Per Container 3	
Amount Per Serving	
Calories 180	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1430mg	60%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 10g	

Ham and Cheese Sandwich



Yes, you can have a ham and cheese sandwich on a fast day, if you do it right. One secret is using light multigrain English muffins, which have only 50 calories per half. You could use reduced-calorie bread for your open-faced sandwiches, if you prefer, of course.

Makes 2 140-calorie servings, 1 open-faced sandwich each.

1 light multigrain English muffin or 2 slices light multigrain bread, toasted

1/4 cup shredded reduced-fat sharp Cheddar cheese (made with 2% milk)

4 oz very thinly sliced deli ham

4 thin red or yellow tomato slices (or a combination)

Mustard and dill pickle slices for garnish, if desired

1. Carefully cut muffin in half horizontally. Lightly toast halves. Sprinkle cheese on top, and melt in a toaster oven or in microwave oven on medium power for 20 to 30 seconds.

2. Arrange each muffin half on a plate. Top with ham and tomato slices. Serve with mustard and thin dill pickle strips, if desired.

Nutrition Facts	
Serving Size 1 open faced sandwich (213g)	
Servings Per Container 2	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 880mg	37%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 16g	

Singapore Noodles with Chicken



This zesty, satisfying recipe calls for Asian rice noodles, also known as rice sticks. They are stocked in the ethnic section of many supermarkets and are particularly handy if you are going gluten-free. You could substitute 1/2 cup thin pasta noodles in a pinch, but note that they will need to be cooked al dente before being added. For a gluten-free recipe, be sure to use a gluten-free soy sauce.

Tip: The chicken is easier to cut into matchstick strips if partially frozen first.

Makes 3 190-calorie servings, about 1 1/4-cups each.

2 1/2 Tbsp light soy sauce

1 Tbsp mild or medium hot curry powder

1 cup fat-free chicken broth, divided

1 to 2 tsp peeled and finely minced ginger root, to taste

1 Tbsp toasted sesame oil

1 oz (about 1/2 cup) dry rice noodles (break into 2 1/2-inch-long pieces before measuring)

1 boneless, skinless, medium chicken breast (6 oz), trimmed and cut into thin (1/16-inch-thick) and 2-inch-long strips

1 12-oz bag rainbow slaw (or 4 cups regular cabbage-carrot slaw)

2 to 3 scallions, trimmed of roots and tough green tops and cut into thin 2-inch-long shreds, divided

1. Combine soy sauce, curry powder, 1/2 cup chicken broth, ginger root, and sesame oil in a large bowl. Stir in chicken, and let stand 5 minutes. Meanwhile cover noodles with hot water, and let stand for 5 minutes.

2. Using a slotted spoon, transfer chicken to a 12-inch skillet.

3. Drain noodles well, and stir them into marinade used for chicken. Cook chicken, stirring, until just barely cooked through, about 2 to 3 minutes.

4. Add noodles, any remaining marinade, bag of slaw, and about 3/4 of scallion shreds to skillet.

5. Cook, stirring, until mixture is just cooked through, about 3 minutes longer; if mixture is dry, stir in enough more chicken broth to moisten and prevent burning.

Serve immediately or refrigerate for up to 3 days. Just before serving, garnish with some remaining scallion shreds.

Nutrition Facts

Serving Size 1 1/4 cups (267g)

Servings Per Container 3

Amount Per Serving

Calories 190 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 700mg **29%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 17g

Strawberry Lassi



Lassi, shown on the right in the photo, is a traditional Indian drink made with yogurt. This cool and refreshing version features strawberries. Garnish the tops with an extra sliced strawberry, if desired. Note: Our Banana-Chocolate Breakfast Smoothie, available in the published book, is shown on the left in the photo.

Tip: You will need a little sugar substitute with this drink. Use your favorite, and add to taste. Or, if you prefer, sweeten with honey, and add 20 calories for each teaspoon used.

Makes 2 90-calorie servings, 1 cup each.

1 cup sliced strawberries

1 cup plain, unsweetened, reduced-fat yogurt

1/2 cup cold water

Sugar substitute to taste

1. Combine strawberries, yogurt, and water in a food processor or blender. Process or blend on medium speed until well combined and smooth.

2. Blend in a little sugar substitute, to taste.

Serve at once, topped with a sliced strawberry, if desired. Leftover lassi can be tightly covered and kept in refrigerator for 24 hours. Stir before serving.

Nutrition Facts	
Serving Size 1 cup (317g)	
Servings Per Container 2	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 8g	

Pomegranate Pops



We find these pops a delightful sweet treat that not only provides a number of phytonutrients but some very satisfying munching. They are so easy to make and so convenient when we want a little nosh that we keep them in the freezer all the time. Double the recipe if you like.

Tip: Pomegranate juice is quite sweet without the addition of honey, so feel free to omit the honey from the recipe, if desired. In this case, each pop will have only 46 calories.

Makes 3 60-calorie servings, 1 pop each.

1 8-oz bottle pure pomegranate juice

2 tsp honey, optional

1. Thoroughly stir together pomegranate juice and honey in a measuring cup. Pour mixture into 3 3-ounce plastic cups, dividing equally.
 2. Cover each cup with a small square of aluminum foil, smoothing it down over top. Cut a tiny slit into foil in center top of each cup. Slide Popsicle sticks into cups, adjusting so they stand upright.
 3. Freeze cups, placed upright in freezer, for at least 3 to 4 hours or until frozen solid.
 4. To unmold and store pops, run warm water over sides and bottom of a cup for 6 to 8 seconds. Squeeze on cup with one hand while pulling on stick with the other until pop slides out. Place each pop in a small plastic zip-top bag, and return to freezer.
- Pops will keep, frozen and well wrapped, for up to 3 weeks.

Nutrition Facts	
Serving Size 1 pop (80g)	
Servings Per Container 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 0g	

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First Kindle Edition, January 2014

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