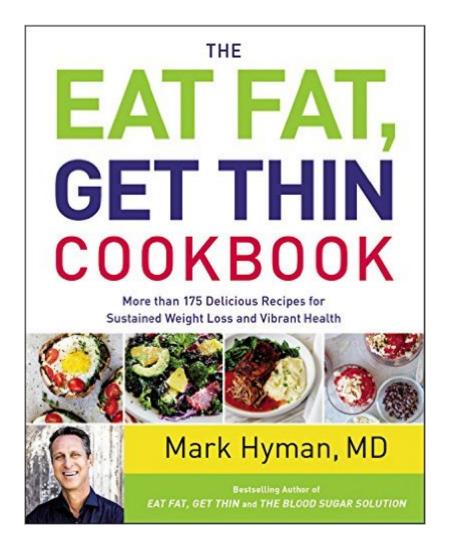
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The Eat Fat, Get Thin Cookbook: More Than 175 Delicious Recipes For Sustained Weight Loss And Vibrant Health





Synopsis

The companion cookbook to Dr. Hyman's revolutionary Eat Fat, Get Thin, with more than 175 delicious, nutritious, heart- and waist-friendly recipes.Dr. Hyman's Eat Fat, Get Thin radically changed the way we view dietary fat, and proved that the key to losing weight and keeping it off is to eat ample amounts of good fats. Now, Dr. Hyman shares more than 175 mouthwatering recipes to help you incorporate these good fats into your diet and continue on your path to wellness. With easy-to-prepare recipes for every meal--featuring nuts, coconut oil, avocados, and lots of other superfoods you thought were "off limits"--you can achieve fast and sustained weight loss. Your health is a life-long journey, and THE EAT FAT, GET THIN COOKBOOK helps make that journey both do-able and delicious.

Book Information

Hardcover: 320 pages

Publisher: Little, Brown and Company (December 27, 2016)

Language: English

ISBN-10: 0316317500

ISBN-13: 978-0316317504

Product Dimensions: 1.1 x 1.1 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Best Sellers Rank: #7,227 in Books (See Top 100 in Books) #14 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #22 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #38 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

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