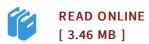




# The Uncle Sam Diet: The 4-Week Eating Plan for a Thinner, Healthier America (Paperback)

By Dr Keith Ayoob, Barbara Hoffman

St. Martin s Press, United States, 2005. Paperback. Book Condition: New. 168 x 104 mm. Language: English . Brand New Book. The UNCLE SAM DIET is based on the new 2005 US Dietary Guidelines for Americans. Based on solid science, its an eating style that you can stay with and thrive on. No gimmicks here, and no fads. Dr. Keith Ayoob, a registered dietitian and associate professor at the Albert Einstein College of Medicine in New York, uses the USDAs new dietary guidelines to design an eating plan based on good, wholesome foods. Its simple its safe and it works! \* Lots of good foodsfrom all food groupsso you never feel hungry.\* Weekly menus for breakfast, lunch, dinner, and snacksyou can even have a latte or two!\* Huge, hungry mans servings of vegetables and fruitsevery day.\* Delicious whole grainsmuffins, breads, bagels and more.\* Nutritious snacks for hunger attacks Got kids? Great! These guidelines are good for anyone age 2 and older. The new Dietary Guidelines are chockfull of great changes for you and your family. Dr. Ayoob takes the nutrition-ese out of the governments gobbledygook and gives you meal plans and recipes that are easy to use and delicious. The...



#### Reviews

This composed book is excellent. it was actually writtern very perfectly and valuable. I found out this book from my i and dad advised this book to learn.

-- Maymie O'Kon

Here is the finest ebook i have got read until now. It really is simplistic but excitement within the 50 percent in the book. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Lupe Connelly

# Other Kindle Books



## Wrangling the Cowboy s Heart (Paperback)

Love Inspired, United States, 2016. Paperback. Book Condition: New. Not for Online.. 168 x 104 mm. Language: English. Brand New Book. Love Under the Big Sky Back home in Montana, free spirit Jodie McCauley plans to stay at her late father...



#### The Sheikh's Pregnant Prisoner (Paperback)

Harlequin, United States, 2016. Paperback. Book Condition: New. Not for Online.. 168 x 104 mm. Language: English . Brand New Book. You re not going anywhere, not until you give birth to my child. For Zafir Al Masood, the new sheikh of...



#### From Dare to Due Date (Paperback)

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# Children's Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...