



 Get Print Book

Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off

By Anne M. Fletcher M.S. R.D.



Download



Read Online

Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D.

In Eating Thin For Life, the real experts-hundreds of people from all walks of life who have shed unwanted pounds permanently-reveal how they manage their food lives: in the kitchen, at the table and in restaurants. From these 'masters' of weight loss, you'll learn how to enjoy food without being a slave to calorie counting. How to handle the tough times, from quitting smoking to having babies to dealing with pushy people. In short, you'll learn how these 'masters of weight control' get themselves to do the things we all know we should do-but can't seem to get ourselves to do-to lose weight permanently. Plus: --An easy weight-loss plan: 21 days of breakfasts, lunches, dinners and snacks from the masters. --122 of the masters' favorite low-fat recipes-from Pineapple Right-side-Up Coffee Cake to Oven-Fried Chicken to Rich Chocolate Cake with Raspberry Sauce.



[Download Eating Thin for Life: Food Secrets & Recipes from ...pdf](#)



[Read Online Eating Thin for Life: Food Secrets & Recipes fro ...pdf](#)

Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off

By Anne M. Fletcher M.S. R.D.

Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D.

In Eating Thin For Life, the real experts-hundreds of people from all walks of life who have shed unwanted pounds permanently-reveal how they manage their food lives: in the kitchen, at the table and in restaurants. From these 'masters' of weight loss, you'll learn how to enjoy food without being a slave to calorie counting. How to handle the tough times, from quitting smoking to having babies to dealing with pushy people. In short, you'll learn how these 'masters of weight control' get themselves to do the things we all know we should do-but can't seem to get ourselves to do-to lose weight permanently. Plus: --An easy weight-loss plan: 21 days of breakfasts, lunches, dinners and snacks from the masters. --122 of the masters' favorite low-fat recipes-from Pineapple Right-side-Up Coffee Cake to Oven-Fried Chicken to Rich Chocolate Cake with Raspberry Sauce.

Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D. Bibliography

- Sales Rank: #425947 in Books
- Published on: 1998-01-12
- Original language: English
- Number of items: 1
- Dimensions: 8.75" h x .88" w x 5.56" l, 1.05 pounds
- Binding: Paperback
- 352 pages

 [Download Eating Thin for Life: Food Secrets & Recipes from ...pdf](#)

 [Read Online Eating Thin for Life: Food Secrets & Recipes fro ...pdf](#)

Download and Read Free Online Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D.

Editorial Review

Amazon.com Review

Anne Fletcher is a registered dietician who studied 208 "masters" who succeeded in losing an average of 64 pounds and keeping the weight off. She revealed their keys to success in *Thin for Life*. In *Eating Thin for Life*, Fletcher explores the eating habits and recipes of these weight-control successes. They share how they ate when they were heavy, how they motivated themselves to change, what eating plans helped them lose weight, and how they continue to keep their weight low. The masters share the strategies that help them stick to healthy, slimming eating choices--and enjoy the foods they choose. The book is particularly remarkable because there isn't some celebrity or expert telling you what to eat: The people who have accomplished their goals in diverse ways describe how they did it, with Fletcher filling in nutritional information to supplement the masters' points.

Eating Thin for Life is divided into food secrets (such as how to control binge eating and how to eat in restaurants), menu plans (with calorie and fat analysis), and 122 favorite recipes (with nutritional breakdowns). Quotes and stories from the masters make you feel that if they could do it, so can you. --Joan Price

From Publishers Weekly

Following up on her bestselling *Thin for Life* (1994), Fletcher records and organizes the experiences of 200 men and women who have successfully maintained over a number of years a significant weight loss (an average of 64 pounds). Fletcher calls her subjects, who have kept off 20 or more pounds for more than 10 years, masters. In Part I, she catalogues the strategies they have used to hold on to their weight loss, offering five main "food secrets," e.g., "Want to be Thin More Than You Want to Eat the 'Wrong' Foods"; "Fix Your Full Button." Each tip is fleshed out with stories from "the masters" demonstrating how it has helped them. The second section offers 21 days of menus for low-fat, reduced calorie dishes for breakfast, lunch, dinner and dessert, as well as snacks. Part III offers 100 recipes (with food counts) from the masters for recipes that have become mainstays on their tables. Included are recipes for Meatballs with Parsley and Sage, mixing ground round steak with grated potatoes; Crepes with Chicken and Mushroom Filling; Sweet Potato Puff, with bananas; Deep Dish Pumpkin Pie, with a graham-cracker crust. The accompanying list, "Tricks of the Low-Fat Cooking Trade," is particularly helpful. As both inspiration and practical guide, this volume is likely to prove a great ally to readers who know that keeping off the pounds they lose is the larger part of a weight loss campaign. BOMC and QPB featured alternate; Prevention Book Club main selection; author tour.

Copyright 1996 Reed Business Information, Inc.

Review

"Both inspirational and practical . . ." Publishers Weekly

"Ideal for those who are serious about changing their eating habits. This book delivers a whopping dose of motivation for any dieter." Good Housekeeping

Users Review

From reader reviews:

Sophia Hartman:

This Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off are generally reliable for you who want to be a successful person, why. The reason of this Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off can be one of many great books you must have is actually giving you more than just simple reading through food but feed a person with information that possibly will shock your prior knowledge. This book is definitely handy, you can bring it almost everywhere and whenever your conditions in the e-book and printed ones. Beside that this Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off forcing you to have an enormous of experience for instance rich vocabulary, giving you test of critical thinking that we understand it useful in your day pastime. So , let's have it and enjoy reading.

Dan Morris:

The guide untitled Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off is the publication that recommended to you to see. You can see the quality of the book content that will be shown to anyone. The language that publisher use to explained their ideas are easily to understand. The article author was did a lot of exploration when write the book, therefore the information that they share to you is absolutely accurate. You also could possibly get the e-book of Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off from the publisher to make you a lot more enjoy free time.

Erik Hilyard:

Reading a book to get new life style in this year; every people loves to examine a book. When you go through a book you can get a large amount of benefit. When you read publications, you can improve your knowledge, simply because book has a lot of information upon it. The information that you will get depend on what forms of book that you have read. If you want to get information about your research, you can read education books, but if you act like you want to entertain yourself read a fiction books, such us novel, comics, and also soon. The Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off provide you with a new experience in looking at a book.

Larisa Nagle:

What is your hobby? Have you heard in which question when you got scholars? We believe that that concern was given by teacher to their students. Many kinds of hobby, Everybody has different hobby. And also you know that little person just like reading or as examining become their hobby. You should know that reading is very important and book as to be the thing. Book is important thing to provide you knowledge, except your own teacher or lecturer. You discover good news or update about something by book. Different categories of books that can you go onto be your object. One of them is this Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off.

Download and Read Online Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D. #XEOYDTNCQ5W

Read Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D. for online ebook

Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D. books to read online.

Online Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D. ebook PDF download

Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D. Doc

Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D. Mobipocket

Eating Thin for Life: Food Secrets & Recipes from People Who Have Lost Weight & Kept It Off By Anne M. Fletcher M.S. R.D. EPub