



The Instinct Diet: Use Your Five Food Instincts to Lose Weight and Keep it Off

By Roberts Ph.D, Susan B.; Sargent, Betty Kelly

Workman Publishing Company, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Part 1: The Big Picture Chapter 1: Our five basic food instincts: The key to permanent weight control Chapter 2: Hunger: The need to feel full Chapter 3: Availability: Just because it's there Chapter 4: Calorie Density: Too good to resist Chapter 5: Familiarity: Cravings and triggers Chapter 6: Variety: Too many choices Chapter 7: The Five Food Instincts: A crib sheet Part II: The Program Chapter 8: Ready, Set, Go: Stepping toward Success-For now and forever Chapter 9: Stage I: The two-week "Getting Started" diet Chapter 10: Stage II: The six-week "Keeping it Going" diet Chapter 11: Stage III: Your personal maintenance plan A Final Word Part III: The Recipes Breakfasts Soups Sandwiches and wraps Salads Main dishes Cooked vegetables Desserts Drinks A celebration dinner for eight Appendices: Appendix A: Body Mass Index (BMI) Table Appendix B: Typical daily calorie requirements before and after weight loss Appendix C: Nutrient content of common foods Appendix D: Portion sizes of 100-calorie free choices Appendix E: Savvy shopper supermarket directory Appendix F: Weight-healthy meal suggestions for Stage III Appendix G: Emergency meals Appendix H:...



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