



The Pritikin Principle: The Calorie Density Solution

Robert Pritikin

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The facts: "Low-fat" and "fat-free" processed foods are a major contributor to America's weight problem. Gimmicky calorie-counting diets leave you feeling hungry. Yo-yo dieting is devastating to your body. And strict dietary regimens never, ever last. Now, the world's premiere name in health and nutrition introduces a scientifically proven strategy for losing 2 to 7 pounds a week and keeping it off. "If you focus on selecting foods with low calorie density, and worry less about how much of them you're eating," says Robert Pritikin, "you'll lose weight without ever feeling hungry and you'll look and feel great. That's the key to the success of the calorie-density solution." To date, this revolutionary approach has only been available to participants in Pritikin Longevity Center programs. Now, you can put all the experts of the Pritikin Center to work for you. Includes charts of calorie-density levels in common foods. Provides more than 50 delicious recipes and an array of easy-to-follow menu plans. Debunks popular fad diets.

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