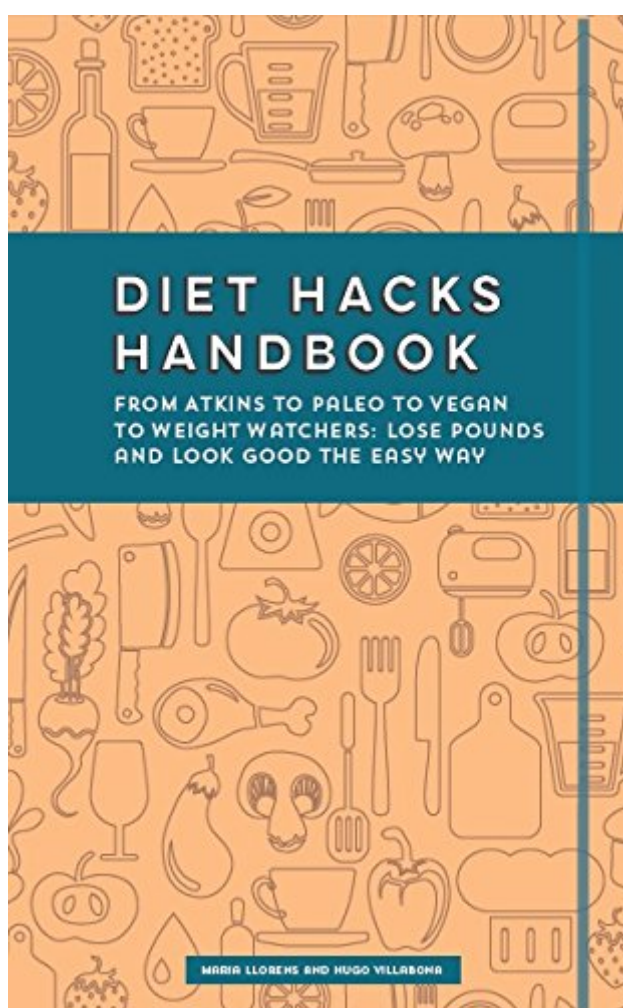


The book was found

Diet Hacks Handbook: From Atkins To Paleo To Vegan To Weight Watchers - Lose Pounds And Look Good The Easy Way



Synopsis

Tired of wondering which fad diet you should try? We've got you covered. From ATKINS to PALEO to going VEGAN, we've broken down a bunch of popular diets to help you decide what works for you. Learn about your body's basic nutritional needs to help you pick a program or lifestyle. Learn about the best tech for getting the data you need to stay healthy and bust those pesky dieting myths. Whether you want to lose weight, be fit, or simply eat more vegetables—we've got a hack for it.

Book Information

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Customer Reviews

Sweet book if you're a diet nerd! Has all the major diets listed from Atkins to flexitarian! It gives strengths and weaknesses for each diet plan and also gives a poll of how successful the diet was in real people!

Diet Hacks Handbook is the ultimate resource for dieters and anyone interested in nutrition. The book covers the top diets from Atkins to the Mediterranean to the South Beach Diet. Diet systems

aren't left out either with coverage on Weight Watchers, Jenny Craig and Nutrisystem to name a few. The book is loaded with plenty of advice from dieting while on vacation to meal planning. The book is well laid out, easy to follow and illustrated beautifully. This is a great book for anyone planning a diet, already into one or just wants to maintain their weight. (I was given a copy of this book for an honest review.)

Diet Hacks Handbook: From Atkins to Paleo to Vegan to Weight Watchers: Lose Pounds and Look Good the Easy Way is by Maria Llorens and Hugo Villabona. It talks about the various weight loss diets and programs in a way that makes them easy to understand. It is not meant to be a replacement for your doctor or other health provider. It is not meant to be a diet for you to follow and it is not guaranteed to help you lose weight. It is designed to help you as you attempt to lose weight. It has some good suggestions but some will definitely have to be modified.

As the author says 'our goal is to give you simple ideas and solutions to practice a healthier diet.' A very detailed analysis of the different diets, meal plans along with a very intrinsic research, analytics and suggestions. My favorite one among the lot is Vegetarian & Vegan diets because it seems easily adaptable and ensures overall good health. I personally found the book quite interesting. A must-read for all the health freaks out there!

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