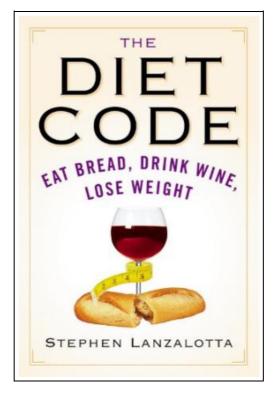
The Diet Code: Eat Bread, Drink Wine, Lose Weight (Paperback)



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Reviews

Very good e-book and valuable one. It can be writter in basic words and phrases and not confusing. You will not really feel monotony at whenever you want of your own time (that's what catalogues are for concerning should you check with me).

(Mr. Antwon Frami)

THE DIET CODE: EAT BREAD, DRINK WINE, LOSE WEIGHT (PAPERBACK)



Little, Brown Company, United States, 2007. Paperback. Condition: New. Reprint. Language: English. Brand New Book ***** Print on Demand *****. As a master baker, painter and woodworker, Stephen Lanzalotta has been using the mathematical principles of The Golden Ratio for more than 30 years. His realisation that this seemingly magic formula, used by Da Vinci and other geniuses of the Renaissance, held the secret to optimal health and weight loss led him to apply it to his own eating plan and the menu offerings at his popular bakery/cafe. Thus was born THE DIET CODE. This revolutionary Mediterranean-style eating programme uses this ancient numerical sequence to link together the proper proportions of carbohydrates, proteins and fats to boost metabolism and spark weight loss. The book includes unique tips for weight loss success, including: eat bread - but be sure to eat a fat or protein with it, cook your pasta all dente to boost your fat loss and much more. Creating a diet code meal is as easy as 1-2-3 (1 part grain, 2 parts protein, 3 parts vegetable/fruit). Combining detailed menu plans, recipes, and nutritional information, THE DIET CODE is a unique health and weight loss program from the ages for the ages.



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