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# Diet > Comparison Of Most Popular Diets And Weight Loss Plans: Atkins, Biggest Loser, DASH, Jenny Craig, Mediterranean, Slim-Fast, South Beach, Vegan, Volumetrics, Weight Watchers



## Synopsis

Are you hungry, what should I eat? If you want to lose weight, this is THE question you are faced with several times a day. And surprisingly: even if you follow a weight loss plan, the answer might be tasty. However, it all depends on your choice in the beginning: What's the right diet plan for you and your body? This amazing guide helps you decide which way to go to shed some pounds. Atkins Diet? Biggest Loser? DASH Diet? Jenny Craig Diet? What about the Mediterranean Diet? Slim-fast Diet, South Beach Diet or Vegan Diet? What about Volumetrics and Weight Watchers? - It's all in this awesome diet comparison ebook! Learn the characteristics of each weight loss plan, understand advantages and disadvantages. Make your choice. Then follow your favorite concept. It's easier to stick to the rules YOU have chosen. So enjoy doing it. And you will definitely see exciting results! You will learn about:

- How it works - what are the basic nutrition principles of each diet program?
- What should I know about the different phases of the most popular diet plans?
- What can I eat according to the different plans? What is my ideal calorie count?
- How healthy are the different popular weight loss plans?
- What about coffee, tea and alcohol according to the different diet plans? What about eating out? What can I expect from these low-carb meals, protein shakes, nutrition bars and special meal replacements? And finally: How pricey is each option? Which diet & weight loss plans are discussed (from A-Z)?

01. Atkins Diet
02. Biggest Loser Diet
03. DASH Diet
04. Jenny Craig Diet
05. Mediterranean Diet
06. Slim-Fast Diet
07. South Beach Diet
08. Vegan Diet
09. Volumetrics Diet
10. Weight Watchers

What will you find moreover?

- 1 day sample nutrition plans for different popular weight loss plans: what can you eat for breakfast, lunch, dinner and what about snacks in between?
- Scorecards / ratings regarding overall effectiveness, convenience, nutritional value and health safety
- Pros and cons of different diet concepts, recommended length of each diet program
- Diet comparison tables giving a quick overview about important aspects for dieters
- Links to more than 20 external resources like related Youtube videos, the most important official websites and Youtube Channels of popular diet programs
- Plus: The book includes more than 20 relevant statistics regarding weight control, dieting, functional food, consumption of carbohydrates, protein, liquid and powdered nutritional supplements.

Why is this ebook helpful for you?

- You will find out, which weight loss plan is right for you.
- Become aware of the risk of nutritional deficiencies even with dietary approaches that seem healthy.
- The overall advice found in this ebook helps you
  - o lose weight, avoiding obesity,
  - o preventing diabetes and heart diseases,
  - o keeping your bad LDL cholesterol and blood pressure (hypertension) under control,
  - o increasing your overall well being.
- Learn how to get rid of bad carbs and

unhealthy fats, and how to replace them with good carbs. • Understand why many concepts focus on low-fat dairy, lean proteins, fresh fruits, veggies and whole grains. • Discover the advantages and value of dietary fiber, proteins, unsaturated fats, vital nutrients such as calcium, potassium etc. • Understand the concept of the glycemic index and why low-carb is considered very effective by many dietitians. Are you the guy preferring prepackaged meals and a rigid diet plan? Are you the girl who could adapt to a vegan lifestyle? Do you like sipping shakes and eating nutrition bars? Or do you prefer cooking healthy stuff yourself? At the end of this eBook, you will have a good idea about the most popular weight loss plans. Now you can choose one.

## Book Information

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And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) DASH Diet: The DASH Diet for Beginners - Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook,

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