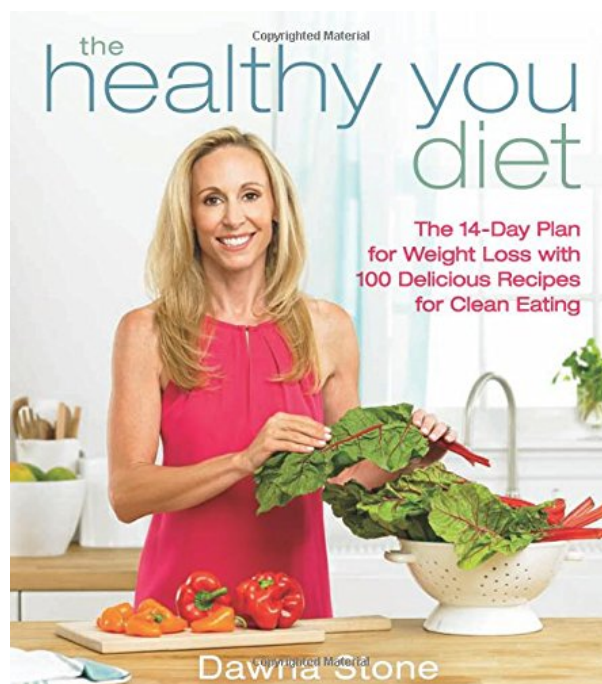


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PLAN FOR WEIGHT LOSS WITH 100
DELICIOUS RECIPES FOR CLEAN EATING
BY DAWNA STONE**



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About the Author

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The Healthy You Diet: The 14-Day Plan For Weight Loss With 100 Delicious Recipes For Clean Eating By Dawna Stone. A task may obligate you to constantly improve the expertise and experience. When you have no enough time to boost it directly, you can obtain the encounter and understanding from reading guide. As everybody knows, book *The Healthy You Diet: The 14-Day Plan For Weight Loss With 100 Delicious Recipes For Clean Eating By Dawna Stone* is popular as the home window to open the globe. It implies that reviewing publication *The Healthy You Diet: The 14-Day Plan For Weight Loss With 100 Delicious Recipes For Clean Eating By Dawna Stone* will offer you a brand-new method to locate every little thing that you require. As the book that we will offer below, *The Healthy You Diet: The 14-Day Plan For Weight Loss With 100 Delicious Recipes For Clean Eating By Dawna Stone*

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THE HEALTHY YOU DIET: THE 14-DAY PLAN FOR WEIGHT LOSS WITH 100 DELICIOUS RECIPES FOR CLEAN EATING

BY DAWNA STONE PDF

Even while competing on (and eventually winning) *The Apprentice: Martha Stewart*, Dawna Stone always knew that her first passion was health and fitness. She has gone on to gather thousands of loyal fans through her Healthy You Facebook group who are eager to follow her diet plan and cook from her clean eating program. *The Healthy You Diet* is a twofold volume that starts with a 14-day elimination plan that gradually (and easily!) helps readers kick sugar, wheat, dairy, processed foods, soda, red meat, and alcohol to the curb. Moving into the clean phase, Stone guides readers through a diet free of these foods in order to focus on nourishment and rejuvenation of the body. This clean phase will lead to successful and sustained weight loss and a resurgence of energy that keeps Stone's fans coming back for more long after they've achieved their weight-loss goals.

Stone provides more than 100 deliciously motivating recipes to keep the weight off in a healthy way. This book is everything fans need to jumpstart clean habits for life. With her motivating text and positive you-can-do-it attitude, Dawna Stone will get everyone up out of their weight-loss rut and excited to be in the kitchen.

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4 of 4 people found the following review helpful.

It's really just a healthy cookbook

By faffie

I agree with some other posters who say that this is a good cookbook, but not much of a diet plan. I was excited and committed to stick to the first two weeks exactly as laid out, but it simply doesn't provide enough energy. I am 5'10", large-framed, and could stand to lose 50 lbs, but a breakfast of green juice (day 3) is not

going to get me through till lunch my lunch of 3 bean salad. I haven't finished reading the book, but I can't find any explanation why you'd eat a double portion of steel cut oats for breakfast on day 2, but that only that green juice on day 3, and day 1 was just a fruit smoothie.. I am uncomfortable with a lot of aspects of the "diet," and can't find an easy way to get answer, in the book or on a Healthy You Diet website. There is just not enough detail. Some of the green salads don't include many vegetables--is that because peppers are forbidden on day 2? Does it really make a difference if I don't want to eat chicken again for dinner on day 2 and substitute white fish instead? Dawna says it is important to stick to the diet as she has laid it out for those first 2 weeks, but is it really? If the point is to eliminate certain foods the first week, am I expected to have only the quinoa, cranberry, and almond salad on day 7, with no lean meat? Am I not supposed to eat protein at lunch on day 7? Sorry, but it's day 3 and if I hadn't added some extra lean protein and lots of vegetables to the plan every day I would have crashed by 2:00. While no weights are given on the daily meal plan, you can see the portion size in the recipe. I'm still pretty cranky, but I am hanging in there to see if cutting out wheat and dairy make a difference in my weight and the way I feel. Eliminating sugar and processed food is a no-brainer.

In summary, this is book with healthy recipes and generally accepted advice on cutting out sugar and processed foods. It really isn't a diet plan.

1 of 1 people found the following review helpful.

The photography is beautiful and appetizing

By DJJ

The recipes in this book sound appealing. The photography is beautiful and appetizing. The premise that going through 7 days of elimination and then 7 days of clean eating was appealing to me. However, after looking at the suggested meal plans, they are very low calorie. So, of course you will lose weight. Eating this low calorie is not sustainable. A rough calculation of days 1-3 had approximately 650, 950 and 560 calories...for the entire day! I thought perhaps the second week would be more generous. Again, a rough calculation of day 11 yielded 1110 calories and day 14 only 750. ANY eating plan with such low calories will result in weight loss...low carb, low fat, no sugar,etc... I will likely try the recipes since they are made from real, whole food. Nutrition experts, dietitian, do not recommend eating less than 1200 calories per day in order to obtain adequate macronutrients, vita,ins and minerals. It's not a bad book, but again, ANYONE can lose weight when starving.

5 of 6 people found the following review helpful.

A (hopefully) Relatable Review

By AmyKay87

I found this book by accident. It was on "recommended for me" by amazon. Since my freshmen year of college, I've gain 20 pounds and my husband has gained over 40. I've been a dancer almost my entire life weighing no more than 110 pounds all they way until the age of 18, and he was a fit rugby player. Busy college schedules mingled with odd hours in part-time work has had us eating processed fast food for the last four years. I'm still considered a healthy weight, but because of my small stature, I don't wear the extra padding well, and I've been uncomfortable. He is always exhausted and aching. We are both unhappy, it was affecting our moods so we were irritable with one another. Its been affecting our physical relationship both in energy levels and how we feel about ourselves aesthetically. It was time to change and we've made multiple attempts to start over the last year.

My husband hates exercise and can't stick to it. Therefore I feel discouraged to stick to it by myself. The only other answer was eating well, but I wasn't sure how to start. We both hate cooking simply because of how much time it takes, and he hates the grocery bill when you buy fresh food (you can buy way more processed meals for less money) So I went and did the grocery shopping by myself, prepared all the meals for three entire days so all he would have to do is eat it, and the first night we sat down to dinner and he had to eat

chicken without barbecue sauce he was really unhappy, but then he tried it and was blown away. The more meals he ate that he liked, the more interested he became. We just finished our first week and are starting our second, and he's preparing dinner for the first time as I write this, he even offered!

He's lost nine pounds in one week. I've lost two.

I never believe people who say "my taste changed, I found myself not wanting _____ anymore!" Because really, I love everything unhealthy, or I did. My cravings are all-controlling. I walked into the break room day 3 and there were cookies, I took a fourth of one thinking a little cheat wouldn't be bad, I took one bite and it was like system overload. it was WAY too sweet for me to even enjoy, to my own surpass I tossed it and didn't want the rest. You truly start to change your pallet with this book.

So less about me and more about the book (I just always find reviews better when I can relate to them personally, so I fought I'd share all that) The best thing to me is that your not always hungry, because when your hungry that's when you make bad decisions (or when I do) and unhealthy options start to look REALLY good. I'll admit, I haven't like everything I've eating, and I leave the onions out of all my meals because I despise them raw, so I've made changes to better suit me which seems to still be working okay, but for the most part the meals have been fast to prepare and delicious, much more delicious than I've thought they'd be by reading the directions. I plan to start including a little exercise in my week to see faster results, because for me loosing wight will be more difficult I feel.

I highly recommend this book, its kind of nice to be told what to eat and when/how to eat it, especially when you have no idea where to start. The pictures are also encouraging, its fun to flip to lunch and immediately have the reaction of thinking it looks delicious, it makes you excited to both prepare and eat it. Its likely I'll need to pick up another book of healthy recipes eventually for more diversity, but this is a great way to start getting to where you want to be.

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