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The One One One Diet: The Simple 1:1:1 Formula for Fast and Sustained Weight Loss

Rania Batayneh, Eve Adamson

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Anyone who has tried to slim down is used to adding (calories, points, fat grams, net carbs) and subtracting (pounds, inches, dress sizes). But all that diet math rarely results in long-lasting weight loss. To be successful on *The One One One Diet*, readers only need to count to one: one protein, one carb, and one fat at every meal. For over 12 years, nutritionist Rania Batayneh has used this plan with more than 800 clients, and they've collectively dropped thousands of pounds permanently.

The One One One Diet isn't another get-slim-quick fad, but rather gives readers the tools to eat healthfully for life. As long as readers stick to the ratio, nothing is off limits. Craving pizza? The crust (carb), sausage (protein), cheese (fat), and free veggies combine for a balanced, satisfying meal. Holiday family meals? Roast beef (protein), mashed potatoes (carb), gravy (fat), and green beans (free veggies) are on the table. The plan is perfectly adaptable to every lifestyle, food preference, cuisine, and personality.

To illustrate how flexible and delicious this plan can be, Rania shares 75 recipes that she developed for her healthy meal catering service. Dishes such as Sumac-Infused Chicken Wraps, Butternut Squash Chickpea Curry, and Zucchini Chip Muffins are fast and easy to make and definitely don't taste like diet food. With *The One One One Diet*, readers will enhance overall wellness, lower cholesterol and blood pressure, increase energy and alertness, and reach their goal weight for good.

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From reader reviews:

Glenna Monaghan:

A lot of people always spent their free time to vacation or even go to the outside with them household or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you need to try to find a new activity here is look different you can read any book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day every day to reading a e-book. The book The One One One Diet: The Simple 1:1:1 Formula for Fast and Sustained Weight Loss it is quite good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. If you did not have enough space bringing this book you can buy the particular e-book. You can m0ore easily to read this book out of your smart phone. The price is not very costly but this book offers high quality.

Bernice Mignone:

The One One One Diet: The Simple 1:1:1 Formula for Fast and Sustained Weight Loss can be one of your nice books that are good idea. We recommend that straight away because this guide has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to put every word into pleasure arrangement in writing The One One One Diet: The Simple 1:1:1 Formula for Fast and Sustained Weight Loss although doesn't forget the main place, giving the reader the hottest and based confirm resource details that maybe you can be one of it. This great information can certainly drawn you into new stage of crucial thinking.

Matthew Sammons:

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Joaquin Bedard:

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