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Low-Calorie Dieting For Dummies

Susan McQuillan

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Low-Calorie Dieting For Dummies

Susan McQuillan

Low-Calorie Dieting For Dummies Susan McQuillan
Break your bad habits and start enjoying a low-cal lifestyle!

Want to lose weight and keep it off for good? This no-nonsense guide shows you how to consume fewer calories than you burn, providing a delicious, easy, and safe low-calorie plan you can follow for life! You'll find tools to improve your eating and exercise habits, cope with stress and boredom, assess your progress, and live healthier and happier.

Discover how to:

- Understand your metabolism.
- Set realistic, attainable goals.
- Maintain a healthy weight.
- Stock a low-cal kitchen.
- Eat right with simple, scrumptious, low-calorie recipes.
- Stay motivated long-term.
- Find outside support.

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