



Stop & Drop Diet: Lose up to 5 lbs in 5 days

Liz Vaccariello

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New York Times best-selling author and *Reader's Digest* editor-in-chief Liz Vaccariello presents the easiest diet ever, offering quick and easy meals you can find or make anywhere you go using your favorite everyday brand-name foods—so you can drop up to a pound a day!

Want to drop up to a pound a day? You don't have to give up your favorite foods or become a slave to your stove. Just follow this guide to lightening up by making little tweaks to your favorite breakfast, lunch, dinner, and snacks. After analyzing the more than 40,000 products in the average supermarket plus menu items at popular chain restaurants and ingredients in everyday recipes, *New York Times* best-selling author and *Reader's Digest* editor-in-chief Liz Vaccariello reveals the hidden fat bombs you're eating—and the simple, healthier substitutes that taste just as good. She tells you how to change brands, substitute similar foods, order better takeout and restaurant meals, and buy smarter at the grocery store. Losing weight has never been so simple!

Featuring more than 500 photographs, *Stop and Drop Diet* offers a mix-and-match 3-phase meal plan that's designed for fast weight loss and maximum flexibility along with balanced nutrition for good health. In each phase, simply choose from the lists of quick and easy meals, which include a variety of:

- packaged foods from the supermarket, from Kellogg's Special K granola bar to Starkist Chunk Light Tuna to Progresso canned soups and Lean Cuisine frozen dinners
- restaurant and on-the-go choices, from Wendy's cheeseburger and McDonald's Egg McMuffin to Chipotle salads and TGIF's Sizzling Chicken and Spinach
- simple 5-ingredient recipes, from a banana-berry smoothie to a turkey sandwich to a cheesy bean tortilla
- snacks and desserts, from chips and salsa to ice cream sandwiches and even Starbucks cake pops

There are no hard-to-find brands or expensive ingredients, and you can find something to eat anywhere you go, no matter what your taste or lifestyle.

The book also includes:

- an at-a-glance visual guide to the worst choices for each dish (the ones you want to stop eating) and the best choices for each dish (the ones you want to start eating instead)
- inspiring stories and advice from the 10 real readers who tested out the diet, most of whom lost more than a pound a day in the first 5 days and continued to lose weight steadily (up to 20 pounds in 4 weeks and counting!)
- simple suggestions for substituting healthy, filling, and delicious foods to create your own meals to stop and drop a pound a day

From the team that created the bestselling *Digest Diet* and *21-Day Tummy Diet*, here is a healthy, effective, and sustainable way to lose weight fast and keep it off for life; *Stop & Drop a Pound a Day* is truly the easiest diet ever.

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From reader reviews:

Randal Revilla:

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William Pak:

The feeling that you get from Stop & Drop Diet: Lose up to 5 lbs in 5 days is the more deep you excavating the information that hide inside words the more you get interested in reading it. It does not mean that this book is hard to be aware of but Stop & Drop Diet: Lose up to 5 lbs in 5 days giving you buzz feeling of reading. The copy writer conveys their point in specific way that can be understood simply by anyone who read that because the author of this publication is well-known enough. This book also makes your personal vocabulary increase well. It is therefore easy to understand then can go with you, both in printed or e-book style are available. We highly recommend you for having this specific Stop & Drop Diet: Lose up to 5 lbs in 5 days instantly.

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Molly Wilson:

This Stop & Drop Diet: Lose up to 5 lbs in 5 days is great guide for you because the content that is certainly full of information for you who else always deal with world and still have to make decision every minute. This particular book reveal it details accurately using great plan word or we can point out no rambling sentences inside. So if you are read this hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but challenging core information with wonderful delivering sentences. Having Stop & Drop Diet: Lose up to 5 lbs in 5 days in your hand like finding the world in your arm, information in it is not ridiculous just one. We can say that no publication that offer you world with ten or fifteen tiny right but this reserve already do that. So , this is good reading book. Hey Mr. and Mrs. occupied

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