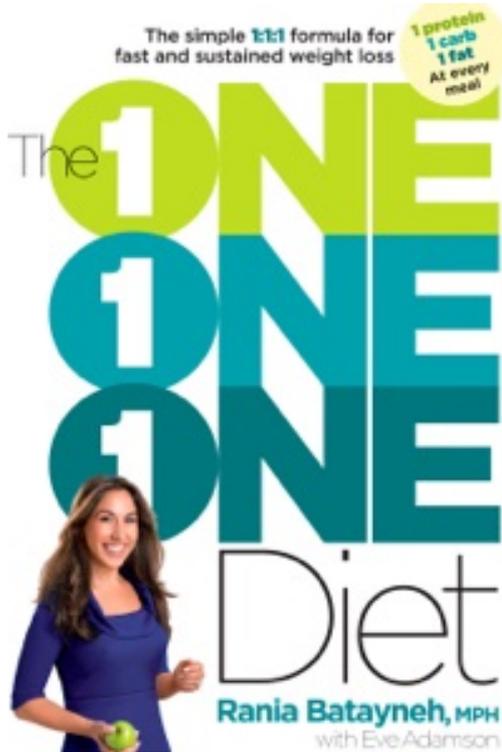


# The One One One Diet - Rania Batayneh & Eve Adamson Read Ebooks [EN] PDF, EPub, Mobi



**The One One One Diet Rania Batayneh & Eve Adamson Read ebooks [EN] PDF, ePub, Mobi, The easiest, most effective weight loss plan—ever! The concept is simple: Have one protein, one carbohydrate, and one fat at every meal and snack. The results: Nothing short of amazing and delicious.**

Nutritionist Rania Batayneh, MPH, shares the 1:1:1 formula she's used with hundreds of clients who lost the weight they never thought they could lose, did it easily (no forbidden foods, no deprivation, no complicated rules), and kept it off for good! On this plan, as long as you adhere to the formula, you naturally keep your body balanced, your metabolism strong, your cravings at bay, and your weight down. The best part? No food is off limits—not even chocolate, pizza, burgers, or fries. With dozens of perfectly balanced meal ideas and 75 easy, tasty recipes, *The One One One Diet* isn't a drop-pounds-fast fad. It's a strategy you can use to eat healthfully and stay slim for life.

## **Praise for *The One One One Diet***

"A customized approach for individuals who want to start up or maintain healthy eating habits and achieve weight loss without deprivation." —**Kristin Kirkpatrick, MS, RD, LD**

"A simple, straightforward, easy to follow plan to help anyone get on the right track to eating well!" —**Keri Glassman, MS, RD, CDN, author of *The New You and Improved Diet***

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