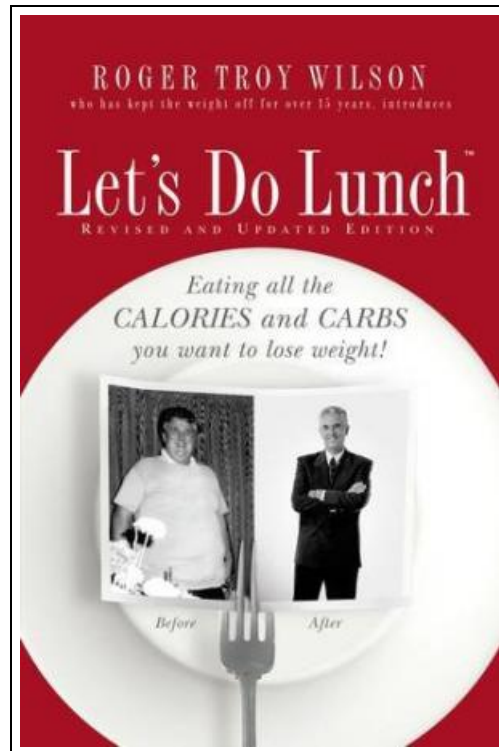


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LET S DO LUNCH: EATING ALL THE CALORIES AND CARBS YOU WANT TO LOSE WEIGHT! (HARDBACK)



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Thomas Nelson Publishers, United States, 2009. Hardback. Condition: New. Language: English . Brand New Book. With this Revised and Updated Edition of Let s Do Lunch, you eat until full in all the food groups, including all you want of unprocessed starchy carbs, the sweetest fresh fruits and fruit smoothies, lean red meat, corn thins, cheese, healthy fats, veggies, whole-grain cereals and crispbreads, dark brown and wild rice, snacks, dressings, condiments, and sauces. But because these foods stabilize your blood sugar, your body forces you to become less and less hungry with each passing day. Thus, you begin to eat less and less, consume fewer and fewer calories, and lose all the weight you want. In Let s Do Lunch, Roger Troy reveals: Eat until full whenever you are hungry, no matter how often that is and no matter how many calories you consume (even if you start by eating 10,000 calories a day)-thus eliminating your hunger cravings.Your body can t tell the difference between starchy carbs, so when you eat the Let s Do Lunch starchy carbs, it eliminates your cravings for the fattening starchy carbs.Your body can t tell the difference between sugars, so when you eat the sweetest fresh fruits and fruit smoothies, it eliminates your cravings for all the foods made with fattening sugar in them. If you want to read about and talk with other Let s Do Lunch dieters, go to and click on message boards. Once you do, you ll want to get started on this program right away.



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