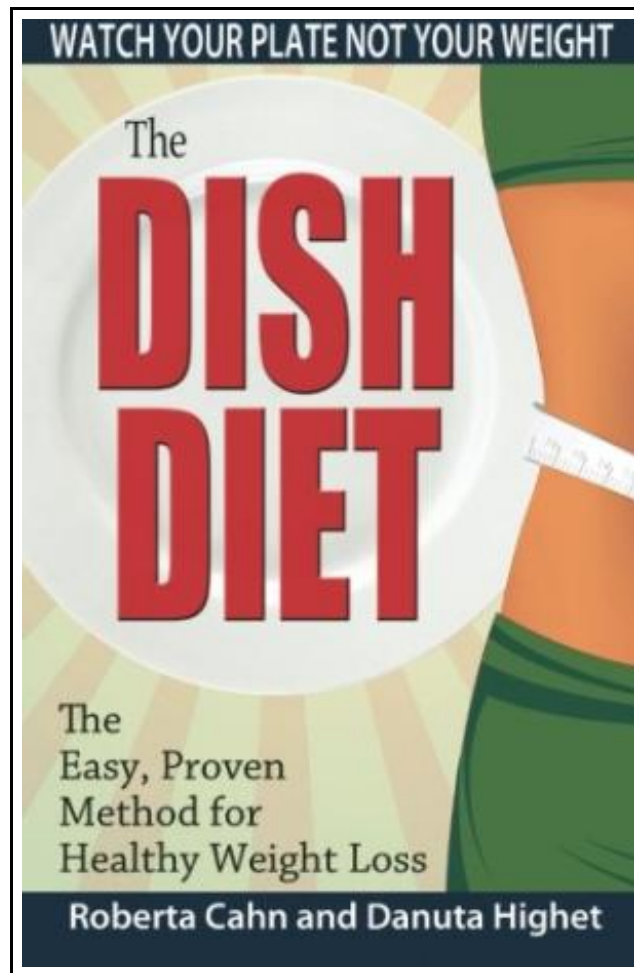


The Dish Diet: Watch Your Plate Not Your Weight (Paperback)



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THE DISH DIET: WATCH YOUR PLATE NOT YOUR WEIGHT (PAPERBACK)



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Maidin Works, United States, 2012. Paperback. Book Condition: New. Stephanie Snyder (illustrator). 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The Dish Diet program is revolutionizing how the world eats and paves the way to easy and permanent weight loss. Now you can eat guilt free and worry free! This book describes the tools to right size the portion that works for you at every stage of your life. Devised by engineers Roberta Cahn and Danuta Highet, the Dish Diet program is unlike any other diet you ever tried! Most diets are focused on the food you eat. As a result of rationed portions, you constantly crave food and always feel deprived. The revolutionary concepts introduced by the Dish Diet provide a better way. Free your mind from obsessive food thoughts and instead embark on a journey of healthy living. There are two critical concepts that control your weight. Surprise, it s not what you eat! It s how much you eat and how fast you eat it. The Dish Diet focuses on these factors and helps you effortlessly control both. Learn about the novel Dish Diet sizing system for plates, bowls, cups and even utensils. It s easy to determine and control your portion size and the rate at which you eat. Shrink your Dish Diet size gradually and reduce your waistline without feelings of starvation or deprivation. Since 2007, the Dish Diet has helped many achieve weight loss by quickly and simply changing their environment. Originally, the Watch Your Plate Not Your Weight book was released as part of the Dish Diet dishware package. Now, completely revised and expanded with many new discoveries and concepts, the book is available separately. This is a diet your whole family can use. Most diets are...



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