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The Men's Health Diet Stephen Perrine, Adam Bornstein, Heather Hurlock, Men's Health, 2013-05-21 For more than 20 years Men's Health has been America's number one source of health fitness and weight loss information. Its editors have tested every workout, chowed down on every food, and consulted the top exercise and nutrition experts in the world. Now this valuable expertise is boiled down into one plan that will revolutionize weight loss. The Men's Health Diet, Stephen Perrine with Adam Bornstein, Heather Hurlock, and the Editors of Men's Health is a proven program backed by cutting edge research that works with a reader's body to build muscle and shed pounds in just 27 days. This unique program features 7 supersimple Rules of the Ripped, scientifically proven breakthrough strategies that often run counter to standard diet advice like Rule 7 Eat whatever you want at least 20 percent of the time. Built around 8 Fast The Men's Health Muscle System exercise plan and the 250 Best Foods for Men. Packed with easy to prepare recipes, hundreds of helpful tips and weekly workout plans, this is the ultimate secret weapon for a stronger, leaner, more muscular body.

The Women's Health Diet Stephen Perrine, 2011-12-20 A diet guide from the women's fitness magazine centers around seven secrets of the slim and includes a fitness assessment, a guide to the eight superfood groups and a list of the 250 best foods for women.

Grab More Market Share Ross Shafer, 2011-08-02 Although McDonald's tested the McCafe concept offering specialty coffee and smoothies many years before the recession hit, the official launch took place in early 2009. Why? Because they knew that was when Starbucks' market share was most vulnerable. And in early 2010 McDonald's raked in 420m not only stealing a staggering amount of business from Starbucks but applying so much pressure that in 2009 Starbucks closed over 270 locations. If you want to grow in a slowly recovering economy, a stagnant economy or even a declining market, your best and only plan is to steal market share from your competitors and to remain reactive to the market's needs. *Grab More Market Share* will teach professionals how not to settle for 1% growth. Ross' research uses rock solid case studies that teach leaders to leverage the recovery to steal 10-15% market share from competitors. Ross alerts readers to the fact that they must leverage the culture, the public consciousness to swing dollars towards their organizations. This same discipline will help professionals predict the next human behavior changes in buying habits.

Fast Food Fix Devin Alexander, 2006-04-18 Indulge your fast food cravings without guilt with recipes that deliver the same great taste without putting your health at risk or inches on your hips. Americans all want to eat healthy but when they yearn for the fast foods they love, what they want most are the fabulous flavors that have made them favorites in the first place. That's what makes this collection of recipe makeovers so exceptional. Los Angeles food writer, chef and caterer Devin Alexander specializes in low fat, high flavor, scrumptious cuisine. In *Fast Food Fix*, she shows the reader how to transform 75 fast food favorites into healthier versions that are even more flavorful than the originals. *Fast Food Fix* demystifies the special seasonings and secret sauces of choice fast foods, showing how to reproduce their flavors quickly and easily from common ingredients. It teaches how to lighten many dishes with new cooking techniques.

such as the oven frying method that yields incredibly crunchy popcorn chicken with 35 fewer fat grams than the original version from KFC reveals simplified cooking methods that save time in the kitchen proving that fast food can still be fast even when prepared at home For Americans hooked on fast food flavors these recipe makeovers by a chef with an impressive repertoire of culinary tricks will quickly become a kitchen staple

Bowes and Church's Food Values of Portions

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