



The Formula: A Personalized 40-30-30 Fat-Burning Nutrition Program

Gene Daoust, Joyce Daoust

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Are you frustrated by low-fat/high-carbohydrate or all-protein diets that don't work? Tired of white-knuckle restrictions or doing math at every meal? Fed up with a constant craving for sugars and carbohydrates? Do you wish you had a magic formula for losing weight and keeping it off? Well, now you do. . . .

From 40-30-30 zone nutrition pioneers and authors of 40-30-30 Fat Burning Nutrition comes a weight-loss program so easy and effective anyone can do it. The Formula actually helps your body to maximize its natural fat burning potential, making it much more than a diet: it's a dietary prescription for living well, feeling great, and performing better.

Here's how it works. When you eat the right proportions of carbohydrates, proteins, and fats, you can help your body to automatically unleash its own natural fat-burning hormone--glucagon--the key to getting rid of unwanted body fat while keeping blood sugar steady and energy high. The result? You can learn how to burn fat faster while eating foods you enjoy! Featuring menu plans, shopping lists, and progress charts, The Formula provides a personalized program for each person's specific needs and body type. So whether you're a couch potato, a professional athlete, or somewhere in between, you'll discover:

- „ Five different versions of The Formula--and how to find the right one for your weight and activity level
- „ The 21-Day Fat Flush Formula for accelerated weight loss
- „ More than 200 delicious recipes, including perfectly balanced 40-30-30 fajitas, chili, grilled cheese sandwiches, pork tenderloin, and New York cheesecake
- „ Special Kids' Favorites and Family Style meals
- „ Healthy advice on prepared foods, fast foods, and vegetarian meals

With The Formula, you don't have to give up the foods you love, follow complicated meal plans, count calories or food blocks, or bring a calculator to the dinner table. And forget about feeling constantly hungry or dissatisfied. Here is a dieter's dream--the lifetime secret to losing weight, staying slim, and feeling great!

From the Hardcover edition.



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