



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

By Gene Daoust

Ballantine Books. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 9.3in. x 7.6in. x 1.3in. 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. . . . Pioneering weight loss and certified sports nutritionists Gene and Joyce Daoust have personally helped thousands of people lose weight, tone up, and enjoy a healthier, more fit lifestyle. Their advice: Drop the rice cakes and calorie-counting, and stop trying to figure out those complicated food blocks. The Formula teaches an easy way to balanced nutrition that will have you burning fat 24-hours a day 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...



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-- **Lyda Davis II**

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