

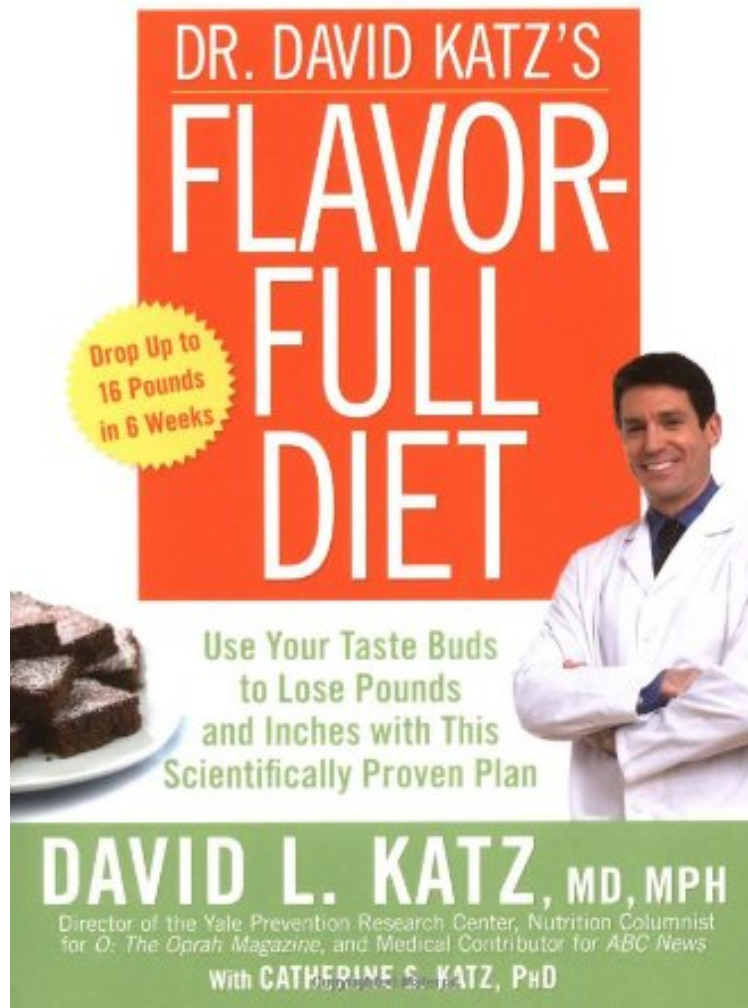
(Download pdf) Dr. David Katz's Flavor-Full Diet: Use Your Tastebuds to Lose Pounds and Inches with this Scientifically Proven Plan

Dr. David Katz's Flavor-Full Diet: Use Your Tastebuds to Lose Pounds and Inches with this Scientifically Proven Plan

David L. Katz, Catherine S. Katz

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"Dr. David Katz offers an innovative weight-loss plan that is sensible, simple, effective, and delicious. This is an essential guide to improving your health."
—Mehmet C. Oz, MD, coauthor of the #1 New York Times bestseller, *You: On a Diet*



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#310481 in Books 2007-08-21 2007-08-21 Original language: English PDF # 1 232.16 x 21.97 x 5.931, #File Name: 1594866848320 pages | File size: 71.Mb

David L. Katz, Catherine S. Katz : Dr. David Katz's Flavor-Full Diet: Use Your Tastebuds to Lose Pounds and Inches with this Scientifically Proven Plan before purchasing it in order to gage whether or not it would be worth my time, and all praised Dr. David Katz's Flavor-Full Diet: Use Your Tastebuds to Lose Pounds and Inches with this Scientifically Proven Plan:

1 of 1 people found the following review helpful. Best diet(for me) yet!By Kyle AshtonIt is named well! Best plan yet! Very easy to follow and most ingredients can be found, some at the health food store, and some are pricey! There are alternative menus for meals you don't like. The only items, I did not like were pumpkin soup and plain yogurt. I've started to use cottage cheese when plain yogurt is mentioned. This plan seems pretty well balanced, but some might not like the use of fruits. I haven't finished reading the book yet, but I'm sure it explains how the use of fruit is helpful, rather than hurtful to glycemic index. The meals and snacks add up to 1200 to 1500 a day depending on choices made.0 of 0 people found the following review helpful. Such a positive and motivational person with good information.By Melinda Jo RayDr. Katz's is fabulous! Such a positive and motivational person with good information.14 of 17 people found the following review helpful. Not very real-world applicableBy Natasha StrykerI like the idea behind the theory of this book, but I don't think it would be very applicable in the real world if followed to a T. Basically the author advocates eating one repeated flavour theme per day so you don't have tastebuds looking for a buffet of flavours. The reasoning being that if you have more flavors to chose from, you will eat more. There is some merit to this idea, but I can't see planning my days like this. This may be great for single people with no kids, or couples trying to lose weight together -- but unless you want to have your family on the same diet, you'll be cooking twice for meals. I was not interested in doing this as my husband is actually not a fan of some of the flavors, and I was not interested in cooking two dinners :)Just knowing that when more flavors are present, there may be the urge to over-eat is a good thing to know; I can make meals a little less complex to stem wanting seconds. But that is about where the usefulness of this book stops for me.

Lose weight easily with Dr. Katz's groundbreaking approach to appetite control. Dr. David Katz's Flavor-Full Diet shows you how to fill up to complete satisfaction on fewer calories, calm the appetite center, and drop up to 16 pounds in just 6 weeks while eating delicious and nutritious food suitable for the whole family. With a Mediterranean-inspired 6-week meal plan, more than 100 delicious, simple, family-friendly recipes, and hundreds of insights available nowhere else, the Flavor-Full Diet will lead to weight control and better health, and to food you love that loves you back.

“This research-proven diet, with dramatic weight-loss success backed by clinical research from Yale University 'will send taste buds buzzing and waistlines shrinking'.” Jorge Cruise, author of *The 3-Hour Diet*“Dr. David Katz is one of the most renowned experts in diet, nutrition, and weight loss. He combines the credibility of a research scientist with the charisma and wisdom of an extraordinary educator.” Dean Ornish, MD, author of *Eat More, Weigh Less*“Katz is so smart and passionate--you can trust him to separate fact from fads and fantasy in the important search for more energy and health.” Diane Sawyer, ABC News
About the Author
DAVID L. KATZ, MD, is associate professor of public health, director of the Yale Prevention Research Center, and associate director of nutrition science at the Rudd Center for Food Policy and Obesity at Yale University. Dr. Katz writes a monthly nutrition column for *O: The Oprah Magazine* and a health and nutrition column for the *New York Times* Syndicate. He lives with his wife, collaborator CATHERINE S. KATZ, PhD, and their five children.