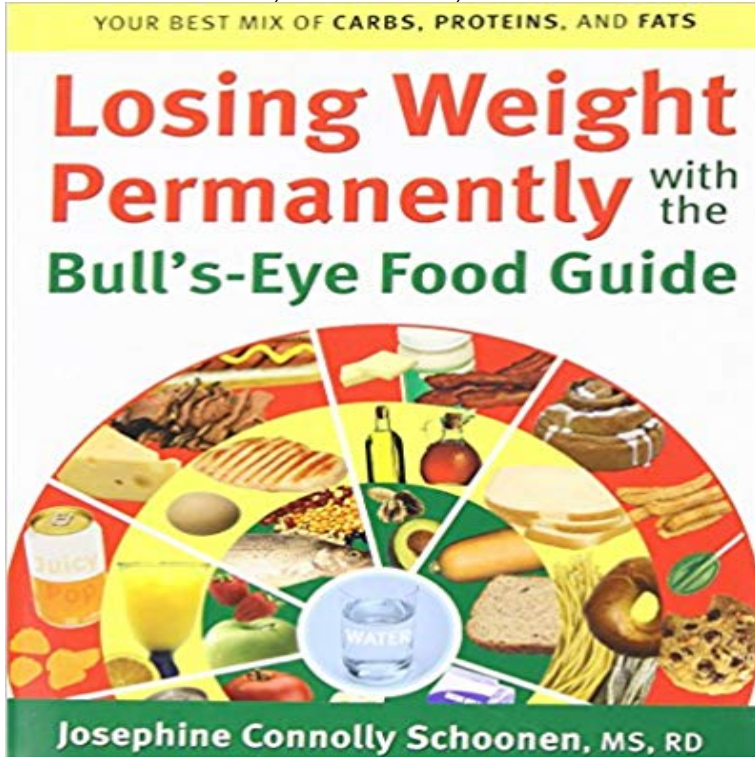


Losing Weight Permanently with the Bulls-Eye Food Guide: Your Best Mix of Carbs, Proteins, and Fats



Dieters who have been struggling to find that magical balance of proteins, fats, and carbs will be relieved to learn the key to this handbook: that the perfect mix is actually different for each person. Along with a guided self-assessment for determining an individual's ideal ratio, this book presents an easy, graphical system for making daily food choices and executing a plan of long-term weight loss. Using an accessible, practical approach, the author shares key findings from her years as a dietitian and obesity researcher.

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