

Fat is Not Your Fate : Outsmart Your Genes and Lose the Weight Forever

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Abstrak

Fat Is Not Your Fate offers a groundbreaking, scientifically proven approach to weight loss-one that allows you to follow a personalized nutrition plan tailored to your own genetic blueprint. Based on the latest research, this program includes: Personalized easy-to-follow menu plans for your gene type, Strategies to control your weight triggers, Easy, tasty recipes for your meal plan, Your optimum caloric intake and fat-protein-carb balance, Tips on exercise and activities to keep the weight off.