



# The Ultimate Weight Solution Food Guide

*Dr. Phil McGraw*

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## **The Ultimate Weight Solution Food Guide** Dr. Phil McGraw

#1 *New York Times* bestselling author Dr. Phil McGraw opened doors for everyone who has struggled with losing weight and keeping it off with his roundbreaking plan, *The Ultimate Weight Solution*. Now, here is the invaluable companion volume that delivers *more tested weight loss strategies, more specific food lists, and more essential information: The Ultimate Weight Solution Food Guide*.

In his straight-talking, no-nonsense style, Dr. Phil helps you end excuse-making and start creating a no-fail environment for taking charge of your weight and your relationship with food -- beginning with Dr. Phil's *new* rapid start plan that will gear your body physically for accelerated weight loss. This quick and easy reference guide also includes information on:

- Calorie counts for all of your high- and low-response cost foods
- Portion control
- High-response cost, high-yield foods
- Low-response cost, low-yield foods
- Specific menu planning for meals and snacks
- Hunger-suppressing/high-response cost foods
- Recognizing weight-gaining behaviors
- A personal food diary
- And more!

You can't afford to ignore the down-to-earth success strategies of Dr. Phil McGraw and *The Ultimate Weight Solution Food Guide* -- your health and happiness depend on it!

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**Ruben Hardy:**

Exactly why? Because this The Ultimate Weight Solution Food Guide is an unordinary book that the inside of the publication waiting for you to snap that but latter it will shock you with the secret the item inside. Reading this book close to it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of rewards than the other book get such as help improving your skill and your critical thinking approach. So , still want to hold off having that book? If I had been you I will go to the guide store hurriedly.

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