

RICHARD SIMMONS

FAREWELL TO FAT



COOKBOOK

Richard Simmons Farewell To Fat Cookbook

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Richard Simmons' Farewell to Fat Cookbook Richard Simmons, 1999-06 Richard provides his personal collection of more than 75 of America's best loved regional recipes gathered during his travels over the last 20 years all transformed into reduced fat marvels that don't sacrifice flavor 100 color photos

Encyclopedia of Diet Fads Marjolijn Bijlefeld, Sharon K. Zoumbaris, 2014-11-25 This updated encyclopedia examines the basics of nutrition and dieting presenting the important people concepts and criticisms involved and examining the pros and cons of different plans This A to Z reference describes many of the health fads and fashions of the past as well as current trends in weight loss to help people understand the principles of weight loss and the benefits of healthy choices The authors help to identify effective means of losing weight and maintaining a healthy lifestyle placing particular emphasis on weight loss programs aimed at young people who struggle most with obesity eating disorders and body image The book explores what works what is potentially dangerous and what scientists are discovering about nutrition while also offering sustainable advice for keeping fit The second edition of *Encyclopedia of Diet Fads* includes many updated expanded and completely new entries as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet the Zone Diet Weight Watchers and Medifast The book is organized by alphabetical entries regarding nutrition exercise and famous and infamous diet promoters Readers can learn more about an area that interests them through cross referenced sections and a prolific list of additional resources A selection of appendixes contains practical information such as how to evaluate diets and recipes

Farewell to Fat Cookbook Richard Simmons, 2002-12-01 *The Publishers Weekly*, 1997

Official Gazette of the United States Patent and Trademark Office, 1996

The Library Journal, 1997 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

Bon Appétit, 1997

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