



Suzanne Somers' Eat Great, Lose Weight

Suzanne Somers

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Suzanne Somers' Eat Great, Lose Weight Suzanne Somers

Based on 10 years of research, this book provides a food-combining weight-loss program that allows dieters to enjoy high-fat foods that are restricted by other programs. According to author Suzanne Somers, if dieters follow her seven steps--such as separating high-fat foods from high-carbohydrate foods and eating three times a day--they will enjoy weight loss, truly satisfying meals, and freedom from fat gram and calorie counting.

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