



Volumetrics diet: The ultimate weight loss plan or myth

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“Eat more and weigh less” sounds too good to be true — but is it? Barbara Rolls’ Volumetrics diet claims to help those in search of health and weight loss feel full on fewer calories.

The Volumetrics eating plan encourages users to choose high satiety foods without compromising food volume. The result is a low-fat, heart-healthy, and non-starvation diet: all many dieters look for, in other words.

There is little doubt that anyone following the Ultimate Volumetrics Diet will lose weight. Will you honestly feel full on the diet, though? How hard is it to stick to Volumetrics food? Will the Volumetrics diet food list curb your cravings? Can Volumetric meals be emotionally as well as physically satisfying?

Real people who have already been on the journey you are preparing for now share their experience to give you a better idea of what is ahead of you. They share their Volumetrics weight loss results, their struggles, and even their favorite Volumetrics recipes. With this book, you will be both informed and prepared.

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Matthew Waddell:

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