

Note: If you don't have an egg ring, you can use the ring from a wide-mouthed canning jar, sprayed with olive oil cooking spray.

Makes 1 serving

PER SERVING: 230 calories, 25 g protein, 25 g carbohydrates (6 g sugars), 6 g fat (2 g saturated), 20 mg cholesterol, 8 g fiber, 570 mg sodium

Serve with 3/4 cup fresh blueberries

8 ounces fat-free milk

Tea or coffee

Snack

1 large apple
1 stick low-fat mozzarella string cheese
Ice water

Lunch

TURKEY WRAP
2 ounces sliced turkey breast
1/4 cup alfalfa sprouts
2 slices tomato
2 teaspoons Dijon mustard
1 La Tortilla Factory multigrain tortilla

Serve with 6 baby carrots
1 cup jicama sticks
Ice water or iced tea

Snack

HUMMUS DEVILED EGGS
2 servings (4 pieces)

The addition of hummus makes for a delicious, healthy twist on a classic comfort food

12 hard-boiled eggs, peeled
2 cups store-bought hummus
Paprika
Italian parsley

- 1 Cut the eggs in half lengthwise. Remove the egg yolks and discard them or reserve them for another use.
- 2 Fill each egg white with a heaping tablespoon of hummus, sprinkle lightly with paprika, and garnish with parsley. Cover lightly with plastic wrap and refrigerate for up to 1 day before serving.

Makes 12 servings (2 egg halves per serving)

PER SERVING: 100 calories, 8 g protein, 12 g carbohydrates (2 g sugars), 15 g fat (0 g saturated), 0 mg cholesterol, 3 g fiber, 26 mg sodium

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Loser-Friendly Diet Malcolm J. Nicholl, 1992-12-23 Three million dieters worldwide can't be wrong when they say they are elated with their results on this European weight loss system. Whether you want to lose 10, 50 or 100 pounds, this proven full spectrum diet will work for you. There is more clinical testing behind this diet than any other. It is endorsed by many prominent physicians, making it as safe as it is efficient.

The LCP Solution B. Jacqueline Stordy, Ph.D., Malcolm J. Nicholl, 2001-02-20 This important new book documents a major breakthrough in the treatment of the three most widespread learning disabilities: ADHD, dyslexia and dyspraxia. Clumsy child syndrome. Although these conditions have reached epidemic proportions, treatment has been limited to ineffective behavioral therapies or the controversial prescription drug Ritalin. Now Dr. B. Jacqueline Stordy, a leading researcher in the field, reveals a stunning new treatment based on a simple nutritional supplement: LCP (long chain polyunsaturated fatty acids). The LCP Solution is the first book to describe this new natural treatment and to explain how children and adults can incorporate it into their daily lives. As a member of a family with a long history of dyslexia, Dr. Stordy discovered in a pioneering experiment that dyslexic and dyspraxic children who began taking a dietary supplement consisting of LCP experienced dramatic transformations in the quality of their lives. At the same time, parallel studies conducted at Purdue University came up with similar results with children who had ADHD. The effect of this dietary supplement was nothing short of revolutionary: after only a few weeks, dyslexic and ADHD children became calmer, more focused, easier to teach, while dyspraxics improved significantly in dexterity and balance, showing markedly less anxiety. In *The LCP Solution*, Dr. Stordy documents how this life changing treatment came about and explains step by step how sufferers of each of the three major conditions can use it to change their lives at home, at school and at work. Illuminating, vividly presented and authoritative in its findings, this book will revolutionize our approach to learning disabilities. LCPs are natural, simple to use and amazing in their benefits. If you or someone you love suffers from a learning disability, this book is essential reading.

The Handy Nutrition Answer Book Patricia Barnes-Svarney, Thomas E. Svarney, 2015-02-23 You are what you eat and you should eat brilliantly. Your fitness, health and well-being depend on food and proper nutrition. Yet knowing what is in the foods we eat, understanding the differences between good and bad fat, learning which foods are good sources of vitamins, keeping up on the latest scientific discoveries or discerning the effectiveness of different diets can be challenging. To help answer these questions, there's *The Handy Nutrition Answer Book*. Additionally, the book scrutinizes the pros, cons and effectiveness of the biggest, most popular and trendiest diets on the market today. From the newsworthy to the practical and from the medical to the historical, this entertaining and informative book brings the complexity of food and healthy nutrition into focus through the well-researched answers to nearly 900 common questions, such as: How do our muscles obtain energy? What is a calorie in terms of nutrition? How are calories measured? Why do vegetarians need to know about complementary proteins? How does a person interpret how much fat to eat based on the daily calories they want to

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The Biggest Loser: 6 Weeks to a Healthier You Cheryl Forberg,Melissa Roberson,Lisa Wheeler,Biggest Loser Experts and Cast,2010-03-16 BASED ON THE HIT SHOW AND NEW YORK TIMES BESTSELLING BOOKS Each season on The Biggest Loser America watches the contestants transform their bodies at the Ranch But what you can t see on television is the even more incredible physical transformation that takes place on the inside as Biggest Losers radically change their health and quality of life through diet exercise and lifestyle changes The Biggest Loser 6 Weeks to a Healthier You brings the Ranch into your home and gives you the same tools medical advice nutrition tips and exercise instruction that the contestants receive there In just 6 weeks you can change your future and make strides toward preventing and reversing conditions such as diabetes heart disease and high blood pressure You ll also learn how to Boost your mood and brainpower with simple yoga poses and omega 3 rich foods like the Veggie Cheese Omelet and Mexican Turkey Burger Protect yourself from colds and flus

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Organize Your Emotions, Optimize Your Life Margaret Moore, Edward Phillips, M.D., John Hanc, 2016-09-06 From a top wellness coach and a Harvard Medical School professor comes this revolutionary book that will show you how to identify and decode your nine most basic emotional needs and coach yourself to a calmer healthier and happier life The more you thrive the better your brain functions and you're able to perform at the best level Your health improves You enjoy life more When you're thriving your stress level is down your confidence is up and the internal frenzy is tamed by a poised self assured mind But if you're like the majority of Americans you may be in psychological terms languishing rather than flourishing surviving instead of thriving For many feeling overwhelmed and out of balance has become normal a consequence of overlooking basic emotional needs The key to reaching a happy healthy state is by tapping into not tuning out your distinct emotions and listening to the inner monologue inside your mind Organize Your Brain Optimize Your Life combines the worlds of self help psychology and medical science to guide you to a place of self management and control This insightful

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Gerald Laurence,1984 *The Diet Advisor* Time-Life Books,2000 Covers more than twenty popular weight loss plans including Weight Watchers Dr Atkins diet the Scarsdale diet and Sugar Busters

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