



40-30-30 Fat Burning Nutrition: The Dietary Hormonal Connection to Permanent Weight Loss and Better Health

Joyce Daoust, Gene Daoust

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Pioneering weight loss and sports nutritionists Joyce and Gene Daoust were part of the original team that worked with Dr. Barry Sears, developing and testing the "Zone Diet." You'll learn how to eat balanced meals: 40 percent of your calories coming from carbohydrates, 30 percent from protein and 30 percent from fat. You'll begin to burn fat, add muscle and increase your metabolism. Best of all, your body will keep the weight off once you reach your goal.

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