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Suzanne Somers' book, Eat Great, Lose Weight is a way of life...not a diet. I have had an extra 15-20 pounds on me since the birth of my son. He is 11 years old today. Approximately 3 1/2 weeks ago I took the Suzanne Somers journey and modified my diet according to the book. I have already lost 8 1/2 pounds and well on my way to 104 pounds! The KEY to losing weight is DEFINITELY in not mixing carbs with proteins/fats! Suzanne seasons her dishes with delicious spices so you are never lacking ...

Suzanne Somers' Eat Great, Lose Weight: Eat All the Foods ...

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Suzanne Somers' Eat Great, Lose Weight Eat All the Foods ...

Suzanne Somers' Eat Great, Lose Weight September 18, 2019 ebooks md No one knows the self-denial-and the failure rate-of dieting better than Suzanne Somers. The Three's Company and Step-by-Step star struggled with her weight for twenty years.

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Combinations to Reprogram Your Metabolism, Shed Pounds for Good, and Have More Energy Than Ever Before by Suzanne Somers ,

Suzanne Somers' Eat Great, Lose Weight: Eat All the Foods ...

Somers believes that diets and deprivation do not help people lose weight in the long-term. In Eat Great, Lose Weight, she explains the generally low carbohydrate, food-combining plan: eliminate "funky foods" such as sugar and white flour; eat fruits alone on an empty stomach; eat proteins and fats with vegetables and without carbohydrates; eat carbohydrates with vegetables and without fat.

Suzanne Somers' Eat Great, Lose Weight - FabulousLiving

The Somersize Diet was developed by Suzanne Somers and was first introduced in her 1996 book, "Eat Great, Lose Weight." The diet has been revised through the years but the same philosophy maintains that, "Fat is your friend, and sugar is the greatest enemy," says Somers 1 2. The plan can be classified as a high-fat, low-carbohydrate diet, but it also includes combining foods in a way that is believed to aid in digestion and weight control.

Somersizing Diet Plan Tips | Healthfully

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Eat Great, Lose Weight: Amazon.co.uk: Suzanne Somers ...

Suzanne Somers is the author of twenty-two books, including the #1 New York Times bestsellers Sexy Forever, Knockout and Ageless, and the Times bestsellers Breakthrough; Keeping Secrets, Eat Great, Lose Weight; Get Skinny on Fabulous Food; Eat, Cheat and Melt the Fat Away; Suzanne Somers' Fast and Easy; and The Sexy Years.. Somers can be seen in her weekly talk show, The SUZANNE Show, on the ...

Suzanne Somers' Eat Great, Lose Weight: Eat All the Foods ...

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Suzanne Somers' Eat Great, Lose Weight: Eat All the Foods ...

Suzanne Somers' Eat Great, Lose Weight Product Description With no dieting, sacrifice, or self-denial, Suzanne Somers' Eat Great, Lose Weight encourages you to eat all the foods you love while staying thin forever, to enhance body image and self-image. The program is based on ten years of research and interviews with nutritionists.

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