



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

By 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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40-30-30 Fat Burning Nutrition: The Dietary Hormonal Connection to Permanent Weight Loss and Better Health By Joyce Daoust, Gene Daoust Bibliography

- Sales Rank: #174928 in Books
- Brand: Wharton Pub
- Published on: 1997-01-01
- Original language: English
- Number of items: 1
- Dimensions: .35" h x 6.04" w x 9.06" l,
- Binding: Paperback
- 116 pages

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Editorial Review

Amazon.com Review

Eating the right balance of carbohydrates, protein, and fat creates a hormonal response that leads to burning stored fat for energy, claim nutritionists Joyce and Gene Daoust. This book explains how the 40-30-30 diet works (40 percent high fiber, mostly low-glycemic carbohydrate; 30 percent high-quality protein; 30 percent fat), and how to plan meals following this formula. The "Sample Starter Meal Planners" are organized into three meal categories: Regular, Fat-Flush, and Vegetarian (heavy on cheese, eggs, tofu, and tempeh). There are a few recipes, such as Hearty Chili, Teriyaki Chicken Kabobs, Pizza, and Tortilla Turkey Roll-Up, and many quickly assembled meals, such as Scrambled Eggs, Tuna on Rye Crackers, and Open-Faced Ham Sandwich. A food value guide gives the protein, carbohydrate, and fat grams of many common foods. Though some nutrition experts would argue that this diet is too low in carbohydrates and too high in protein, the Daousts say that "There are no good or bad foods....The key is achieving the proper *balance* of the foods that you eat."

Review

40-30-30 Fat Burning Nutrition is must reading for anyone who thinks they are too fat; are on a high carbohydrate, low fat diet and not losing the weight they want; want to optimize their athletic performance; crave sugars and carbohydrates; want to improve their mental focus; can't seem to lose that last 5 to 10 pounds; are sick of fad diets that don't work -- or don't work for long. Americans are exercising more, eating less fat and more carbohydrates, yet are fatter now than ever. The latest statistics show that 34% of Americans are overweight and 53 million are considered obese. 40-30-30 Fat Burning Nutrition teaches how to balance nutrition so that you will be burning fat 24-hours a day while eating foods you enjoy. Highly recommended! -- *Midwest Book Review*

About the Author

Joyce and Gene Daoust are certified nutritionists and former directors and co-founders of the bio-Syn Human Performance Center, a cutting-edge weight-loss and sports nutrition clinic in Redmond, Washington.

Users Review

From reader reviews:

Lourdes Williams:

Here thing why this 40-30-30 Fat Burning Nutrition: The Dietary Hormonal Connection to Permanent Weight Loss and Better Health are different and reputable to be yours. First of all reading a book is good but it really depends in the content of it which is the content is as scrumptious as food or not. 40-30-30 Fat Burning Nutrition: The Dietary Hormonal Connection to Permanent Weight Loss and Better Health giving you information deeper as different ways, you can find any e-book out there but there is no publication that similar with 40-30-30 Fat Burning Nutrition: The Dietary Hormonal Connection to Permanent Weight Loss and Better Health. It gives you thrill examining journey, its open up your current eyes about the thing that will happened in the world which is possibly can be happened around you. You can easily bring everywhere like in park, café, or even in your means home by train. In case you are having difficulties in bringing the branded book maybe the form of 40-30-30 Fat Burning Nutrition: The Dietary Hormonal Connection to Permanent Weight Loss and Better Health in e-book can be your substitute.

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