

Download Good Housekeeping Drop 5 Lbs The Small Changes Big Results Diet

Good Housekeeping Drop 5 lbs: The Small Changes, Big Results Diet Paperback – Bargain Price, November 2, 2010 by Heather K. Jones RD (Author), The Editors of Good Housekeeping (Author) Good Housekeeping Drop 5 lbs: The Small Changes, Big Results Diet. The Diet Decoder quiz right at the start helps you pinpoint your particular eating patterns and food pitfalls, priming you for a transformation. Then, follow the icons to identify customized strategies that target your behavior. Whether you're a junk food junkie, an emotional eater, or even a mindless muncher, Good Housekeeping Drop 5 Pounds offers hundreds of ideas for small and very doable changes in your diet that can add up to significant weight loss. Let's say you're a 46-year-old woman who weighs 170 pounds. According to the traditional formula, if you cut 500 calories a day, you would drop a pound a week ($500 \times 7 \text{ days} = 3,500 \text{ calories, or } 1 \text{ pound}$) — and lose 26 pounds in six months. But the new math shows that the weight loss is more likely to be 19.5 pounds.