



The Rotation Diet (Revised and Updated Edition)

Martin Katahn

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Lose those unwanted pounds and keep them off once and for all with an easy three-week diet.

The Rotation Diet's unique and simple plan varies the daily calorie intake over a three-week period, leading to an average weight loss of 13 pounds. Users who have a great deal of weight to lose may drop up to a pound per day in week one. When *The Rotation Diet* was first published, more than seventy thousand Nashvillians went on the diet and weighed in weekly at supermarkets. The results showed that the city became almost a million pounds lighter. This new, updated, and revised edition of *The Rotation Diet* offers a scientifically proven maintenance plan that requires only small changes to establish a permanently healthier lifestyle. There are tasty new recipes and menus based on the recently published USDA and HHS dietary guidelines, and numerous examples show how people who have changed their lives achieved success as they built weight-management confidence.

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