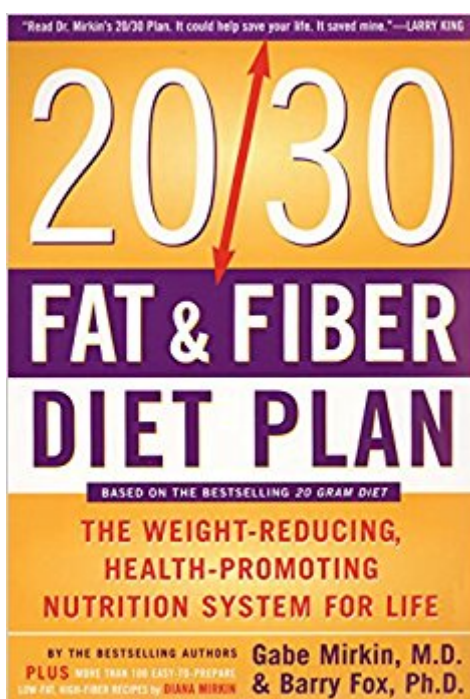


The book was found

# The 20/30 Fat & Fiber Diet Plan: The Weight-Reducing, Health-Promoting Nutrition System For Life (Harper Resource Book)



## Synopsis

Discover the healthy way to eat right and lose weight! Stop worrying about what to leave off your plate and add the all-important ingredient for any super-effective diet: fiber. Doctors and nutritionists agree that a low-fat, high-fiber diet will help you shed weight, prevent disease, and improve overall health quickly and easily. Building on these principles of healthy eating, this safe, proven, and easy-to-manage program fits any lifestyle and includes: More than 100 delicious high-fiber, low-fat recipes content listings for more than 5,000 favorite foods a handy plastic counter wheel to help you track your daily fat and fiber intake and figure out what you can eat freely and what you should cut back on or avoid. The 20/30 Fat & Fiber Diet Plan will dramatically improve how you look and, more importantly, how you feel--and get you started on a lifetime of healthy living.Â

## Book Information

Series: Harper Resource Book

Paperback: 304 pages

Publisher: William Morrow Paperbacks; 1 edition (December 22, 1999)

Language: English

ISBN-10: 0062736507

ISBN-13: 978-0062736505

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 3.9 out of 5 starsÂ Â See all reviewsÂ (31 customer reviews)

Best Sellers Rank: #101,690 in Books (See Top 100 in Books) #97 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #168 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #958 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

Fat people know how awful it is when you want to lose weight, but feel like you don't have enough willpower to diet or exercise. I spent a long time in that condition. When I came across this book, I decided to try just a little bit at a time. I thought I'd try just one day on the program per week, and see how it went. Well! I've never gone back. I have stuck with it every day since then, which is pretty easy, thanks to the 2 "eat whatever you want" meals per week. The 20/30 eating plan is easy, tasty, and even fun for me. I never feel hungry, and there are lots of good foods to eat. My doctor says this is a very healthy way to eat. It's great news that I have lost weight on this plan. But the better news is

that I love the way I feel, and I actually LIKE eating this way. So much so that I plan to continue with the 20/30 plan even after I reach my goal weight. This is a plan I can happily follow for life. I am not usually evangelistic about anything to do with diet. But this is a book I will buy for all my closest friends, because I want them to be as healthy as I feel right now. I've even started a discussion/support group for people who are new to 20/30 - and if you knew me, you'd realize that doing this kind of stuff is completely out of character for me. But give me a soapbox, and I'll tell anybody that this plan has made a major difference in my life. I'm just a regular person, and I have nothing to gain if you buy this book. But it is the one book I would recommend to everybody. The plan is sensible, the recipes are great, and this works. Good luck!

If you want to lose weight and you just want to get on with it, this is the book for you. The text is brief and easy to understand, the plan is simple, and the book even comes with a handy little gadget to keep track of your daily fat and fiber intake. I'm finding, though, that I simply can't manage 20g of fat per day. I've been down that road before, and those considering this lowfat of a diet should be aware of the possible side effects: dry hair and skin, splitting nails, and constipation. I do better at around 30g/day, which is still very low. The recipes I've tried so far are simple and very tasty. I especially like the Banana "Rice" Pudding, which uses rum and lots of spices for knock-out flavor. You'll find yourself scouting out the nearest health food store to stock up on interesting and delicious grains, but aside from that, the recipes don't call for weird, hard-to-find ingredients. I'm not trying to lose weight right now, but I know from personal experience that this kind of plan works (which is why I'm not trying to lose weight right now.) I bought the book mainly for the recipes, and for the fat/gram counter, which -- take it from one who knows -- is a lot less cumbersome than writing down every darned thing you eat. As with all "counting" methods, the main bugaboo is what we're all doing more of: eating in restaurants. Like the average American, I eat out 3 to 4 times a week. Fat count? Fiber count? Who knows? The book does include excellent suggestions for restaurant dining, most of which have become automatic for me. This is a plan that works, either for weight loss or for maintenance.

I have been struggling with my weight since I had my first child. Normally I don't like diets because a) they rarely work and b) many aren't healthy (like The Zone). A personal trainer in my gym recommended this book to me because it's medically sound. Well, after three weeks on this diet, I can tell you that it really works. I have lost 5 pounds and I feel like I have so much more energy. I eat a bowl of oatmeal with dried cherries in the morning (7:00 am) and I don't feel hungry until

1:00pm! I eat all the fruits and veggies I want and the whole grains they talk about are actually really good. Plus the counter that comes with the book is a neat tool to keep you counting your fiber and fat grams each day. I plan on staying on this diet for life. Thank you 20-30!

As a Personal Chef, I have been asked to cook many different 'diets' for clients. I have only refused one client who was over 100 lbs. overweight and wanted to do the high fat and cholesterol Beverly Hills Diet plan. Now, I have read many diet books and tried several that my clients have asked for, just to get a feeling of what they were doing and the physiology of it all. I have even done the extreme high protein Atkins diet, I felt great, not hungry but after 6 days, I could no longer look at another piece of meat! I would have killed for a bowl of veggies! The wonderful thing about this 20/30 diet is that it is a life style change is that it is livable. I could eat this way forever and feel good about it. I just purchased a pressure cooker and it's wonderful for cooking the whole grains in minutes versus an hour or so. One pot meals are a breeze and you can add meat, veg and rice or grains to the pot and just serve your family the meat while you eat mostly grains and vegetables. Beans cook up in minutes also. Since I am in the first days of this diet, I can not vouch for weight loss yet, but I feel good about the foods I am eating and I am looking forward to introducing the new grains to my children so they will learn a healthier way to eat. The little fat and fiber gram counter is attached to my car keys and is easy to use. It helps to know when I have used up all my fat grams for the day, I just stop eating them! I recommend this way of life to everyone who is looking for a life long way to health!

[Download to continue reading...](#)

The 20/30 Fat & Fiber Diet Plan: The Weight-Reducing, Health-Promoting Nutrition System for Life (Harper Resource Book) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Nutrition: The Resistant Starch Bible: Resistant Starch

- Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) DASH Diet: The DASH Diet for Beginners - Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide)

[Dmca](#)