



The Food Doctor Everyday Diet: Eat Well for Permanent Weight Loss Get Off the Diet Treadmill Forever

By Ian Marber

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Love food but want to lose weight? The clearest advice yet to help you eat well and lose the pounds for good from bestselling Food Doctor Ian Marber. Packed with over 100 delicious recipes, practical answers to everyday life situations and flexible menu options - from lunch on the run to car journey snacks and family meals - you can be sure this a safe, healthy and sustainable lifestyle choice. 'It is so refreshing to have an easy diet to stick to' Sue Oliver, Food Doctor fan.

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The Food Doctor Everyday Diet: Eat Well for Permanent Weight Loss Get Off the Diet Treadmill Forever By Ian Marber Bibliography

- Sales Rank: #2517922 in Books
- Brand: Brand: Dorling Kindersley Publishers Ltd
- Published on: 2005-01-06
- Original language: English
- Number of items: 1
- Dimensions: 9.29" h x .39" w x 7.28" l, 1.10 pounds
- Binding: Paperback
- 160 pages



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Editorial Review

About the Author

Ian Marber is the UK's leading nutritionist and founder of The Food Doctor brand. He is the author of the bestselling Food Doctor Diet, published by DK, and co-author of several other titles, including The Food Doctor, Food Doctor in the City and In Bed with the Food Doctor. Ian writes for many leading publications and is a regular contributor to The Sunday Times and has also appeared on the BBC and GMTV. He lives in London.

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