



# **The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories First edition**

*Barbara Rolls*

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# The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories First edition

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## **The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories First edition** Barbara Rolls

From Dr. Barbara Rolls, one of America's leading authorities on weight management, comes a much-anticipated lifestyle guide and cookbook that empowers and encourages her readers to quit "dieting" for good, to feel full on fewer calories, and to lose weight and keep it off while eating satisfying portions of delicious, nutritious foods. The Volumetrics Eating Plan doesn't eliminate food groups or overload you with rules. It's a commonsense approach to eating based on Dr. Rolls's hugely popular Volumetrics Weight-Control Plan and her respected research on satiety that shows you how to choose foods that control hunger while losing weight. Along with menu planners, charts, and sidebars on healthy food choices, the 125 recipes put her revolutionary research into real and tangible instructions for every meal. The full-color photographs make these delicious recipes irresistible. With this important new guide to healthy eating and living, everyone can enjoy tasty and satisfying meals that will help them maintain their weight or lose those extra pounds while learning the pleasures of cooking the Volumetrics way. Volumetrics, Dr. Rolls's rigorously tested and proven system for weight management, incorporates sound research findings from around the world into a nutritious plan and shows you how to personalize it to suit your preferences and goals. It's all about choices, and The Volumetrics Eating Plan helps you choose the right foods for every meal and every lifestyle, without giving up flavor or diversity in your diet. No more "forbidden foods" or monotonous meals - The Volumetrics Eating Plan will revolutionize the way you think about managing your weight and will guide you to a lifetime of healthy food choices.

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