



The Ultimate Weight Solution Cookbook: Recipes for Weight Loss Freedom

Dr. Phil McGraw

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With more than 100 fantastic recipes, this cookbook is an essential tool to get results and free yourself from your problems with weight -- forever.

Dr. Phil is on a mission: to help as many Americans as possible lose pounds and never, ever regain them. And it's working: literally millions of people have lost weight steadily and successfully by changing their self-defeating behavior. Dr. Phil's bestselling books *The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom* and *The Ultimate Weight Solution Food Guide* were the first steps toward accomplishing this vital mission. *The Ultimate Weight Solution Cookbook* is another essential tool to get results and free yourself from your problems with weight -- forever.

Here are more than 100 fantastic recipes that abound with flavor and are exceptionally nutritious. Your whole family can benefit from a new, healthier way of eating. Enjoy delicious dishes like Banana Cream Pie, Southern Oven-Fried Chicken, Enchiladas with Barbecued Greens, Pot Roast Southern Style, Mocha Fudge Pudding, Beef and Broccoli Stir-Fry, Mushroom-Tomato Frittata, and Sweet Potato Pie. You're going to love shedding pounds while still enjoying your favorite foods. That's because great taste is actually one of the secrets to losing weight and keeping it off.

The Ultimate Weight Solution Cookbook also includes Dr. Phil's Rapid Start Plan, providing 14 days of preplanned menus designed to give you a jump-start on losing weight. Each day on the Rapid Start Plan includes one or more of the many great-tasting dishes in this cookbook.

Gaining real control over your weight, as opposed to yo-yo dieting, is in your hands. Dr. Phil shows you how to make changes in your life that are healthy, easy to maintain, and result in a slimmer, fitter you. When it comes to genuine weight control, Dr. Phil says, "You have a decision to make." Using this book is an important way to show that you have made the right decision.

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