



The F-Factor Diet: Discover the Secret to Permanent Weight Loss

Tanya Zuckerbrot

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In her thriving private practice, nutritionist Tanya Zuckerbrot has spent more than a decade working with busy, successful clients who want and need to lose weight. She's watched fad diets come and go, offering only a temporary fix-and a lot of misinformation about healthy eating.

To help her clients ditch the fad diets-and the extra weight-she developed a plan that's the real deal: a healthy, delicious, sustainable diet that redefines fiber for a new generation and achieves the weight loss, energy boost, lower cholesterol, and reduced risk of disease that her demanding clientele clamors for.

The F-Factor Diet includes:

- three stages that are simple to follow and easy to stick to; - a wide array of food choices, including surprising sources of fiber (raspberries, almonds, sweet potatoes, and many others), and packaged foods available at any supermarket; - more than seventy-five delicious recipes-and a complete set of guidelines for those who don't cook; and - journal pages to help readers stay on track. *The F-Factor Diet* delivers the simplest, most delicious, and proven fiber diet to date-along with lasting results.



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