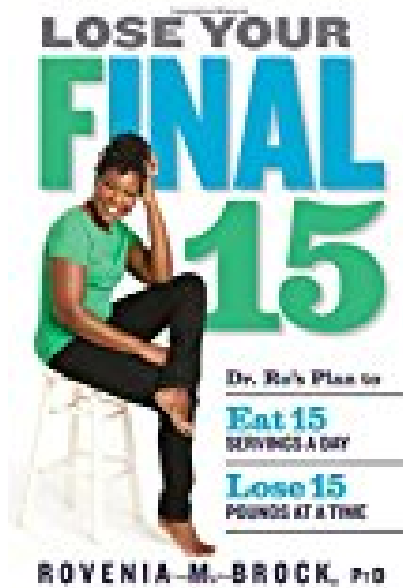


Lose Your Final 15 Dr. Ros Plan to Eat 15 Servings A Day & Lose 15 Pounds at a Time



BOOK DETAILS

- Author : Rovenia M. Brock
- Pages : 304 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623368014

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BOOK SYNOPSIS

Lose 15 pounds in 15 days by eating 15 servings of food per day Tired of diet plans that leave you hungry? Ready to ditch that juice cleanse? Popular doctor of nutritional sciences and weight-loss specialist Dr. Rovenia Brock has the answer. Dr. Ro is the nutrition coach who helped Sherri Shepherd of The View lose more than 40 pounds and viewers of The Dr. Oz Show shed more than 5 million pounds. In Lose Your Final 15, she reveals her best-ever program to help you lose 15 pounds in 15 days by eating 15 servings a day. Dr. Ros plan is divided into three 15-day phases. In each phase, youll enjoy 15 servings of food per day while learning to identify foods by their real serving size. You will then choose your 15 daily servings from 45 mouthwatering recipes like Black Bean Pasta with Shrimp in Red Curry Sauce and Melon and Prosciutto Breakfast Salad with Fried Egg, all developed by Dr. Ro to keep you satisfied and on track. Also included are easy, delicious 15-minute meals for those extra-busy days. Beyond just a diet, Lose Your Final 15 includes 15-minute meditation guides and exercise plans that fit into any schedule. With Dr. Ro as your guide, youll experience newfound vibrancy, health, and happiness.

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