

healthy diet for 75 hard

The Ultimate Guide to a Healthy Diet for 75 Hard

healthy diet for 75 hard is more than just a trend; it's a disciplined approach to transforming your physical and mental well-being. This comprehensive guide will delve into the core principles of crafting a sustainable and effective dietary plan within the 75 Hard framework, focusing on nutrient-dense foods, mindful eating, and strategic meal planning. We will explore the essential components of a 75 Hard diet, including macronutrient balance, hydration, and avoiding specific food groups, all while emphasizing long-term habit formation. Understanding these elements is crucial for anyone embarking on this challenging yet rewarding journey to self-improvement. This article aims to equip you with the knowledge to navigate the dietary aspects of 75 Hard with confidence and clarity, ensuring you can achieve your goals and build lasting healthy habits.

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Understanding the Core Principles of a 75 Hard Diet

The 75 Hard program, designed by Andy Frisella, is a mental toughness program that includes strict rules for diet and exercise. At its heart, the dietary component of 75 Hard requires adherence to a specific eating plan for 75 consecutive days. This plan is designed to eliminate unhealthy habits and promote clean eating, focusing on nutrient-dense whole foods. The primary goal is not just weight loss, but rather developing discipline, consistency, and a healthier relationship with food. It's about building sustainable habits that can carry forward long after the 75 days are over. The emphasis is on what you can eat and how these choices contribute to overall well-being, rather than solely focusing on restriction.

A fundamental principle of the 75 Hard diet is the elimination of alcohol and "cheat meals" or indulgences. This stringent approach helps to rewire your brain's response to cravings and promotes a consistent focus on nourishing your body. The program dictates choosing one structured, healthy eating plan

and sticking to it rigidly. This means no deviation, no exceptions, and a commitment to consuming foods that support your physical and mental health goals. The aim is to remove the guesswork and emotional eating that often derails progress, allowing for a clear and actionable path to dietary success.

Macronutrient Balance for Optimal Results

Achieving optimal results within the 75 Hard program hinges on a balanced intake of macronutrients: proteins, carbohydrates, and fats. While the program doesn't prescribe a specific macro ratio, a common and effective approach is to prioritize lean protein sources, complex carbohydrates, and healthy fats. Protein is crucial for muscle repair and satiety, helping you feel fuller for longer. Aim to include a source of lean protein at every meal, such as chicken breast, fish, lean beef, eggs, or plant-based options like tofu and legumes.

Complex carbohydrates provide sustained energy and essential fiber. These should come from whole, unprocessed sources like vegetables, fruits, and whole grains. Avoiding refined sugars and simple carbohydrates is paramount. Healthy fats are vital for hormone production, nutrient absorption, and overall health. Incorporate sources like avocados, nuts, seeds, and olive oil in moderation. The key is to create meals that are both satisfying and nutritionally complete, supporting your body's demands throughout the rigorous 75 Hard challenge.

The Role of Protein in 75 Hard

Protein plays a pivotal role in the 75 Hard diet by promoting satiety, which is essential for managing hunger and preventing cravings. Adequate protein intake supports muscle growth and repair, which is particularly important given the program's two daily workouts. This helps in building a strong physique and recovering efficiently. Furthermore, the thermic effect of protein, the energy your body expends to digest it, can contribute to a slightly higher metabolism. Therefore, focusing on lean protein sources at each meal is a cornerstone of a successful 75 Hard eating plan.

Complex Carbohydrates for Sustained Energy

Complex carbohydrates are your body's primary source of energy, and for the demanding 75 Hard program, sustained energy is non-negotiable. Unlike simple carbohydrates that cause rapid blood sugar spikes and crashes, complex carbs are digested slowly, providing a steady release of glucose. This helps

maintain energy levels throughout the day, powering you through both workouts and daily activities. Prioritizing sources like sweet potatoes, quinoa, brown rice, and a wide array of non-starchy vegetables ensures you are fueling your body with the nutrients it needs without derailing your dietary goals.

Healthy Fats for Hormonal Balance and Satiety

Don't shy away from healthy fats; they are indispensable for overall health and crucial for managing appetite within the 75 Hard framework. Monounsaturated and polyunsaturated fats, found in foods like avocados, nuts, seeds, and olive oil, play a vital role in hormone production, cell function, and the absorption of fat-soluble vitamins (A, D, E, and K). Including these healthy fats in your diet contributes to feelings of fullness and satisfaction after meals, which can significantly help in adhering to your strict eating plan and preventing overeating or seeking less healthy alternatives.

Hydration: The Unsung Hero of 75 Hard

The 75 Hard program mandates drinking a specific amount of water daily, typically one gallon. This seemingly simple rule is incredibly powerful and often overlooked in its importance. Proper hydration is fundamental to nearly every bodily function, from regulating body temperature and transporting nutrients to flushing out toxins and supporting cognitive function. Within the context of 75 Hard, adequate water intake is critical for energy levels, aiding in physical performance during workouts, and supporting the body's metabolic processes.

Dehydration can often be mistaken for hunger, leading to unnecessary snacking and undermining your dietary efforts. By consistently drinking enough water, you can manage appetite more effectively, reduce cravings, and support your body's detoxification pathways. Furthermore, staying well-hydrated can enhance mental clarity and focus, which are crucial for maintaining the discipline required for 75 Hard. Make water your primary beverage throughout the day, carrying a water bottle to ensure you meet your daily target without fail.

Foods to Embrace on Your 75 Hard Diet

The foundation of a successful 75 Hard diet is built upon whole, unprocessed foods that provide maximum nutritional value. This approach ensures your body receives the vitamins, minerals, and fiber it needs to thrive, even under the increased demands of the program. Prioritizing these nutrient-dense options

will not only fuel your workouts but also contribute to a greater sense of well-being and sustained energy levels.

Lean Protein Sources

As previously mentioned, lean protein is a cornerstone of the 75 Hard diet. These sources are essential for muscle repair and growth, especially with the program's two daily workouts. They also contribute significantly to satiety, helping to keep hunger at bay. Examples include:

- Chicken breast
- Turkey breast
- Fish (salmon, tuna, cod)
- Lean cuts of beef
- Eggs
- Greek yogurt
- Tofu
- Legumes (lentils, beans)

Abundant Vegetables

Vegetables are powerhouses of nutrients, fiber, and antioxidants, and they should form the bulk of your plate. Their high water content also contributes to your daily hydration goals. Aim for a wide variety of colors to ensure a broad spectrum of vitamins and minerals. Excellent choices include:

- Leafy greens (spinach, kale, romaine)
- Broccoli
- Cauliflower
- Bell peppers
- Carrots
- Cucumbers

- Asparagus
- Zucchini
- Onions

Fruits in Moderation

Fruits provide natural sweetness, vitamins, and fiber, but should be consumed in moderation due to their natural sugar content. Berries are particularly excellent choices due to their lower sugar content and high antioxidant profiles. Other beneficial fruits include:

- Berries (strawberries, blueberries, raspberries)
- Apples
- Pears
- Oranges
- Grapefruit
- Melons

Whole Grains and Complex Carbohydrates

For sustained energy, incorporate whole grains and complex carbohydrates into your diet. These provide essential fiber, which aids digestion and promotes fullness. Opt for minimally processed options:

- Quinoa
- Brown rice
- Oats (rolled or steel-cut)
- Sweet potatoes
- Whole-wheat bread and pasta (ensure minimal ingredients)

Healthy Fats

Essential for hormone production, nutrient absorption, and satiety, healthy fats should be included thoughtfully in your 75 Hard diet. These can help make meals more satisfying and prevent cravings.

- Avocado
- Nuts (almonds, walnuts, cashews)
- Seeds (chia seeds, flax seeds, sunflower seeds)
- Olive oil
- Coconut oil (in moderation)

Foods to Avoid for Maximum Impact

The 75 Hard program's dietary rules are intentionally strict to help break unhealthy habits and build discipline. Eliminating certain food and drink categories is a critical component of this challenge, forcing a focus on nourishing your body with wholesome foods. These restrictions are designed to remove common pitfalls that can hinder progress and create dependencies on less healthy options.

The core principle is to avoid anything that can be considered processed, addictive, or detrimental to your health and fitness goals. This includes sugary drinks, processed snacks, fast food, and alcohol. By committing to these exclusions, you are actively choosing to prioritize your well-being and mental fortitude over temporary indulgence. This conscious choice reinforces the program's emphasis on mental toughness and self-control.

Alcohol

Alcohol is strictly prohibited throughout the 75 Hard program. It provides empty calories, dehydrates the body, impairs judgment, and can negatively affect sleep quality and recovery, all of which are crucial for success in the program. Its consumption can also trigger cravings for other unhealthy foods, making adherence to the diet more challenging.

Added Sugars and Sweets

All forms of added sugars and sweets are to be avoided. This includes candy, cakes, cookies, pastries, and desserts. These items offer little to no nutritional value and can lead to energy crashes and increased cravings. Even seemingly benign items with hidden sugars, like certain yogurts or sauces, should be scrutinized and avoided.

Processed Foods and Snacks

Highly processed foods, such as chips, crackers, sugary cereals, and pre-packaged meals, are to be excluded. These foods are often high in sodium, unhealthy fats, and refined carbohydrates, and low in essential nutrients. They are designed for palatability rather than health, and actively undermine the goals of clean eating and physical transformation.

Fried Foods and Fast Food

Fast food and fried foods are typically laden with unhealthy fats, sodium, and calories, making them detrimental to a healthy eating plan. They contribute to inflammation, hinder weight management, and offer poor nutritional quality. Removing them from your diet is a significant step towards healthier eating habits.

Diet Soda and Sugary Beverages

Beyond water, all sugary beverages, including regular soda, fruit juices with added sugar, and sweetened teas and coffees, are prohibited. While diet sodas may seem like a compromise, many in the 75 Hard community choose to avoid them as well, focusing on pure hydration and avoiding artificial sweeteners. The goal is to cultivate a taste for natural flavors and pure water.

Meal Planning Strategies for 75 Hard Success

Effective meal planning is the cornerstone of sustained adherence to a 75 Hard diet. Without a clear strategy, it's easy to fall prey to impulsive food choices, especially when faced with busy schedules or unexpected situations. A well-structured meal plan not only ensures you meet your nutritional needs but also significantly reduces the mental effort required to make healthy decisions throughout the day.

The key to successful meal planning for 75 Hard lies in simplicity, consistency, and preparation. By dedicating time to plan your meals and snacks in advance, you create a roadmap that guides you towards your goals. This proactive approach empowers you to stay on track, even when motivation wanes, and transforms the challenging dietary rules into manageable daily habits.

Prep Your Meals in Advance

Dedicate a day each week, typically a weekend, to prepare meals and snacks for the upcoming days. This involves washing and chopping vegetables, cooking lean proteins, and portioning out healthy fats and complex carbohydrates. Having pre-portioned meals readily available makes it incredibly easy to grab a healthy option when hunger strikes, preventing you from reaching for convenience foods that don't align with the 75 Hard diet.

Create a Weekly Menu

Develop a simple weekly menu that outlines your breakfast, lunch, dinner, and snacks. While variety is good, sticking to a few consistent meal structures can simplify the process. For example, you might have oatmeal with berries and nuts for breakfast most days, grilled chicken salad for lunch, and baked salmon with roasted vegetables for dinner. This predictability reduces decision fatigue and ensures you are consistently consuming compliant foods.

Stock Your Pantry and Fridge Wisely

Ensure your kitchen is stocked with the approved foods from your 75 Hard diet. This means having an abundance of fresh produce, lean proteins, whole grains, and healthy fats on hand. By removing temptations like junk food and processed snacks from your environment, you create a supportive ecosystem for success. Regular grocery shopping trips, based on your weekly menu, are essential.

Plan for Snacks

Snacks are often where people falter on diets. For 75 Hard, plan healthy, portable snacks to keep hunger at bay between meals. This could include a handful of almonds, a piece of fruit, a hard-boiled egg, or a small container of Greek yogurt. Having these options prepared and accessible ensures you have a nutritious choice readily available.

Navigating Social Situations and Eating Out

Navigating social situations and eating out can present significant challenges when adhering to a strict dietary plan like the one for 75 Hard. The key is to be prepared, make conscious choices, and communicate your needs when possible. While the program's rigidity means no "cheating," it doesn't necessarily mean complete social isolation. With strategic planning, you can manage these situations effectively.

The primary goal is to maintain your commitment to the diet without causing undue stress or conflict. This often involves making informed decisions about where to eat, what to order, and how to manage situations where compliant food options are limited. It's about prioritizing your 75 Hard goals while still engaging in social activities.

Choose Restaurants Wisely

When dining out, opt for restaurants that are more likely to offer healthy choices. Restaurants with a focus on fresh ingredients, grilled or baked options, and plenty of vegetable sides are ideal. Steakhouses, seafood restaurants, and places with extensive salad bars can be good options. Avoid establishments known for fried foods or heavy, processed dishes.

Scrutinize Menus and Make Simple Choices

Before going out, or upon arrival, carefully review the menu. Look for lean protein options like grilled chicken, fish, or lean steak, and pair them with steamed or roasted vegetables. Salads can be a good choice, but be mindful of dressings, which are often high in sugar and unhealthy fats. Ask for dressings on the side or choose a simple vinaigrette. Avoid creamy sauces and heavy starches like mashed potatoes or french fries.

Communicate Your Needs (When Appropriate)

In some situations, it may be appropriate to inform your server about your dietary restrictions. For example, you can request that your meal be prepared with minimal oil or without added sauces. However, given the strict nature of 75 Hard, it's often simpler to choose from the menu items that are inherently compliant rather than trying to modify complex dishes extensively. The goal is to find suitable options, not to create a custom meal.

Host Gatherings at Home

If you are hosting, you have complete control over the food. Plan a menu that adheres to your 75 Hard diet and invite friends to enjoy a healthy meal with you. This can be a great way to socialize while staying perfectly on track with your dietary commitments.

Be Prepared with Your Own Food

If you know you'll be in a situation where compliant food options are scarce, prepare your own meal or snacks beforehand. Pack a healthy lunch or a portion of your prepped dinner to bring with you. This eliminates the risk of being forced to make unhealthy choices due to lack of options.

Sustaining Healthy Eating Habits Beyond 75 Hard

Completing 75 Hard is a significant achievement, and the dietary discipline cultivated during the program can serve as a powerful foundation for long-term healthy eating. The key to sustainability lies in integrating the lessons learned into your everyday life, rather than viewing the diet as a temporary restriction. The habits formed over 75 days, when practiced consistently, can lead to lasting positive changes in your health and well-being.

The 75 Hard diet emphasizes whole, unprocessed foods and mindful consumption. These principles are universally applicable to maintaining a healthy lifestyle. The challenge lies in transitioning from the rigid structure of 75 Hard to a more flexible, yet still disciplined, approach that fits your life. This involves understanding how to incorporate occasional indulgences without derailing progress and continuing to prioritize nutrient-dense foods that support your energy and health goals.

Continue Prioritizing Whole Foods

The habit of choosing whole, unprocessed foods should be a cornerstone of your post-75 Hard eating plan. Continue to build your meals around lean proteins, abundant vegetables, fruits, and complex carbohydrates. This focus ensures you are consistently fueling your body with the nutrients it needs for optimal function and long-term health.

Reintroduce Foods Mindfully

As you transition beyond 75 Hard, you can strategically reintroduce foods that were previously restricted, but do so mindfully. Instead of reverting to old habits, consider these as occasional treats rather than daily staples. Pay attention to how your body responds to different foods and make conscious decisions about what to include in your diet moving forward. This approach helps prevent the cycle of deprivation and overconsumption.

Maintain Hydration Habits

The importance of adequate water intake cannot be overstated. Continue to make hydration a priority, aiming for a consistent daily intake. This habit is fundamental to overall health, energy levels, and appetite management, and it's one of the easiest yet most impactful habits to sustain.

Practice Portion Control and Mindful Eating

Even with a less rigid diet, practicing portion control and mindful eating remains crucial. Continue to pay attention to your body's hunger and fullness cues. Eat slowly, savor your food, and avoid distractions during meals. This practice helps prevent overeating and fosters a healthier relationship with food.

Don't Be Afraid to Have an Occasional Treat

Life is meant to be enjoyed, and a healthy lifestyle doesn't mean complete deprivation. After 75 Hard, you can allow yourself occasional treats or indulgences. The key is moderation and ensuring these moments don't become the norm. By having developed strong dietary discipline, you will be better equipped to enjoy these moments without guilt or the feeling of having "failed."

Seek Continued Support and Accountability

If you found accountability helpful during 75 Hard, consider finding ways to maintain it. This could involve continuing to track your food intake, engaging with a supportive community, or working with a nutritionist or health coach. Ongoing support can help you stay motivated and navigate any challenges that arise in maintaining your healthy eating habits.

Q: What is the primary goal of the diet in the 75 Hard program?

A: The primary goal of the diet in the 75 Hard program is to develop mental toughness, discipline, and establish consistent, healthy eating habits by adhering to a strict, clean eating plan for 75 consecutive days, eliminating alcohol and "cheat meals" or indulgences.

Q: Can I consume fruit on the 75 Hard diet?

A: Yes, fruits are generally permitted on the 75 Hard diet, but it's recommended to consume them in moderation due to their natural sugar content. Berries are often highlighted as particularly beneficial choices due to their lower sugar and high antioxidant profiles.

Q: Is alcohol completely forbidden during 75 Hard?

A: Yes, alcohol is strictly forbidden throughout the entire 75 Hard program. This is a non-negotiable rule designed to promote better health, mental clarity, and adherence to the clean eating principles.

Q: What types of carbohydrates are allowed on the 75 Hard diet?

A: The 75 Hard diet emphasizes complex carbohydrates from whole, unprocessed sources. This includes options like quinoa, brown rice, oats, sweet potatoes, and a wide variety of non-starchy vegetables. Refined sugars and simple carbohydrates are to be avoided.

Q: How much water should I drink daily for 75 Hard?

A: The 75 Hard program typically mandates drinking one gallon of water per day. This is a crucial component for hydration, supporting metabolic functions, and aiding in overall health and performance.

Q: What are considered "cheat meals" and are they allowed in 75 Hard?

A: "Cheat meals" or any form of indulgences, including processed snacks, sugary treats, or unhealthy fast food, are strictly not allowed during the 75 Hard program. The program's focus is on consistent, clean eating without deviation.

Q: Can I follow a specific diet plan like Keto or Paleo for 75 Hard?

A: Yes, the 75 Hard program allows you to choose one structured, healthy eating plan and stick to it rigidly. You can select a plan like Keto or Paleo if it aligns with your definition of a "clean" and healthy diet, provided you adhere to its rules without deviation for 75 days.

Q: What are some examples of healthy fats to include in a 75 Hard diet?

A: Healthy fats to include in a 75 Hard diet are avocados, nuts (like almonds and walnuts), seeds (like chia and flax seeds), and olive oil. These are important for satiety, hormone production, and nutrient absorption.

Q: How should I approach eating out while on the 75 Hard diet?

A: When eating out on 75 Hard, it's recommended to choose restaurants with healthy options, scrutinize menus for lean proteins and vegetables, and ask for simple preparations like grilling or steaming. Dressings should be on the side, and fried foods and creamy sauces should be avoided.

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healthy diet for 75 hard: Carnivore Cure: Meat-Based Nutrition and the Ultimate Elimination Diet to Attain Optimal Health Judy Cho, 2020-12-02 Carnivore Cure is the first elimination protocol to explain how to adopt a meat-based diet to bring about healing. Get back to optimal health by finding the perfect foods to fuel your individual body. Most elimination diets work to an extent but fail to consider all the individual, physical symptoms, and food sensitivities. Most elimination diets remove processed foods and additives but fail to remove plant-based toxins that can contribute to disease. Until now. Introducing, Carnivore Cure. You start with meats that have the least number of allergens and sensitivities. Once you reach a baseline of health, then you can incorporate other meats that may have previously caused a sensitivity. As you heal the gut, if you choose to, you can slowly add back plant-based foods. Carnivore Cure will allow you to figure out what plant-based foods can work for your body in the long term. The Carnivore Cure will support you to find your happy medium by focusing on meat-based diet while incorporating the safest plants with most food intolerances considered. This book provides you a step by step protocol to optimal health while also providing you extensive nutritional information and support for a meat-based diet,

including debunking nutrition misinformation and providing lifestyle support through the lens of holistic health. **YOU CAN HEAL.** Because the right food is medicine. Eliminate the wrong foods and eat the right foods for you, and you alone. Take your life back with the Carnivore Cure.

healthy diet for 75 hard: The Body Liberation Project Chrissy King, 2023-03-14 From author and wellness personality Chrissy King, an exciting, genre-redefining narrative mix of memoir, inspiration, and activities and prompts, with timely messages about social and racial justice and how the world needs to move beyond body positivity to something even more exciting and revolutionary: body liberation. When Chrissy King first joined a gym, she had one goal in mind: to “get skinny.” In pursuit of this goal, she fell into the all-too-common cycle of “not enough-ness”; no matter what she achieved, there was always something she felt she needed to change about her body, her appearance, herself. This made her realize the most liberating truth of all: She was not the problem. Diet and fitness industries rooted in white supremacy were the problem; Eurocentric and carefully manufactured beauty standards were the problem; discourses telling her that her happiness was directly tied to her physical appearance were the problem. So she created an actionable method to redefine the relationship we have with our bodies, thereby achieving a sense of self-worth that is completely separate from how we look. The Body Liberation Project is about finding actual freedom in our bodies by discovering strength and aspects of fitness, movement, and eating that work for YOU. It’s about realizing that the goal is not to look at our bodies and love everything we see; it’s to understand that at our essence we are so much more than our bodies. But it’s also about recognizing the harsh realities that prohibit people in marginalized bodies from being able to do so. Society constantly bombards those who fall outside Eurocentric standards of beauty (think Black, fat, trans, etc.) with the message that they are less attractive, and part of the journey toward body liberation is examining your own privilege, acknowledging the harm you may be causing others, and mourning your old ideas about what a body “should” look like. Recognizing that none of us are free until all of us are, Chrissy King shares the wisdom, the tools, and the inspiration to motivate readers to find body liberation and, even more important, to pass it on.

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harder or finding more time to do work. It's about designing the freedom to engage in the high-value work that brings you energy and fulfillment. This is at the heart of the message that has made Dan Martell the world's most popular SaaS (Software-as-a-Service) coach. Now, in his first book, *Buy Back Your Time*, he teaches entrepreneurs at every level how to scale their business, fast, while avoiding burnout. Trading money for time—that is, literally buying back free space in your calendar—will give you more financial success than you ever dreamed was possible. With over two decades of experience as a serial entrepreneur and founder, Dan Martell will teach you the secrets to work less and play more while building an empire. He'll dig into the practical steps that will allow you to start buying back time immediately, while also developing operating procedures and hiring practices that will ensure rapid and robust growth. And he will teach you how to invest in your newfound time wisely—at work and at home—so you keep building your empire while living your best life. *Buy Back Your Time* is the definitive guide for entrepreneurs at every level on how to succeed in business while enjoying more freedom than you ever imagined.

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experts actively engaged in the implementation of surveys and data collection processes.

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healthy diet for 75 hard: The Whole Health Diet Mark Mincolla Ph.D., 2015-12-29 In his first book Whole Health, award-winning author and natural health practitioner Dr. Mark Mincolla introduced the world to his holistic methodology—the Whole Health Healing System—a unique plan combining energy medicine, food energy, and Chinese holistic medicine. In his follow-up work—The Whole Health Diet—Dr. Mincolla tailors the Whole Health Healing System to focus on the problems of obesity and food-related poor health. The Whole Health Diet is the anti-dieting diet plan. It's not just about state-of-the-art, optimal nutrition, but it's also about arriving at your ideal weight as the natural result of attaining and maintaining your holistic balance. The Whole Health Diet escorts readers through a profound shift in consciousness. By connecting all the dots—metabolic, dietary, nutritional, physiological, and spiritual—this book provides the reader with a path to attain true holistic balance and wellness. In so doing, The Whole Health Diet provides a true solution to the problem of obesity—you fix the mind and spirit, and you in turn fix the body. Among so much more, this book contains: -Deep insights into the why of overeating -Powerful affirmations for simple mindset shifts -Holistic, clear, and transformational steps to take towards weight loss -Delicious recipes

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meat, and alcohol to the curb. Moving into the clean phase, Stone guides readers through a diet free of these foods in order to focus on nourishment and rejuvenation of the body. This clean phase will lead to successful and sustained weight loss and a resurgence of energy that keeps Stone's fans coming back for more long after they've achieved their weight-loss goals. Stone provides more than 100 deliciously motivating recipes to keep the weight off in a healthy way. This book is everything fans need to jumpstart clean habits for life. With her motivating text and positive you-can-do-it attitude, Dawna Stone will get everyone up out of their weight-loss rut and excited to be in the kitchen.

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