



# The Ultimate Weight Solution Food Guide

*Dr. Phil McGraw*

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## **The Ultimate Weight Solution Food Guide** Dr. Phil McGraw

#1 *New York Times* bestselling author Dr. Phil McGraw opened doors for everyone who has struggled with losing weight and keeping it off with his groundbreaking plan, *The Ultimate Weight Solution*. Now, here is the invaluable companion volume that delivers *more tested weight loss strategies, more specific food lists, and more essential information: The Ultimate Weight Solution Food Guide*.

In his straight-talking, no-nonsense style, Dr. Phil helps you end excuse-making and start creating a no-fail environment for taking charge of your weight and your relationship with food -- beginning with Dr. Phil's *new* rapid start plan that will gear your body physically for accelerated weight loss. This quick and easy reference guide also includes information on:

- Calorie counts for all of your high- and low-response cost foods
- Portion control
- High-response cost, high-yield foods
- Low-response cost, low-yield foods
- Specific menu planning for meals and snacks
- Hunger-suppressing/high-response cost foods
- Recognizing weight-gaining behaviors
- A personal food diary
- And more!

You can't afford to ignore the down-to-earth success strategies of Dr. Phil McGraw and *The Ultimate Weight Solution Food Guide* -- your health and happiness depend on it!

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