



Just Tell Me What to Eat!: The Delicious 6-Week Weight-Loss Plan for the Real World

Timothy S. Harlan MD

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Dr. Timothy Harlan has counseled thousands of overweight patients searching for weight-loss answers. He noticed that patients were usually told what they could not eat, rather than all the wonderful foods they could eat. Now, physician-chef Harlan provides a solution: an exact prescription for what to eat, how to cook it, when to eat it, and, best of all, why eating great food is the best health decision you will make.

Just Tell Me What to Eat! is a medically based weight-loss plan for the real world, for anyone tired of dubious fad diets, restricted meals, and unappetizing strategies. It emphasizes a Mediterranean diet with high-quality calories and home cooking whenever possible. Dr. Harlan offers a "food mantra" for each day, paired with a menu and easy recipes. By the time you incorporate all the lessons in your diet, you will have naturally slimmed down and changed your eating habits for the better

With chapters like "What You Should Eat for Breakfast," "How to Arrange Your Dinner Plate," and "Carbs are Good for You Too!" this unique day-by-day plan will help even the most frustrated dieters achieve a slimmer, healthier, and happier lifestyle.

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