



Plan-D: The Amazing Anti-Diet That Will Change Your Life Forever

Dee McCaffrey

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While studying chemistry at San Jose State University, organic chemist and diet counselor Dee McCaffrey discovered a link between processed foods and obesity. Armed with this knowledge, Dee lost 100 pounds in 12 months and has kept it off for 17 years! Since then she has been guiding others in their quest for permanent weight loss. Her first book *Dee's Mighty Cookbook: Tasty Cuisine for Flourless and Sugarless Living* was an instant sensation. Letters and e-mails poured in from readers across the globe sharing how one mighty cookbook changed their lives. But they were hungry for more- more details of Dee's eating plan and guidelines. Now in her long awaited second book, Dee shares the details of her complete eating plan-- including portion guides, weekly menus, delicious new recipes, strategies for eating out and more. This amazing plan will change your life forever!

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