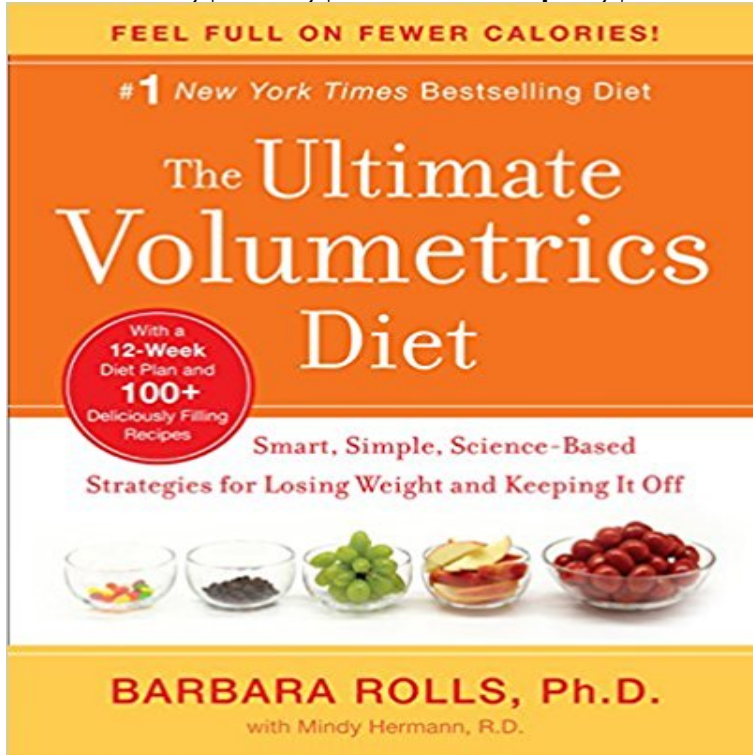


The Ultimate Volumetrics Diet: Smart, Simple, Science-Based Strategies for Losing Weight and Keeping It Off



Lose weight and keep it off while managing your hunger: That's the simple and effective promise of Volumetrics, the #1 New York Times bestselling diet and lifestyle plan that for more than a decade has shown readers how to feel full on fewer calories. In *The Ultimate Volumetrics Diet*, Dr. Barbara Rolls expands on her time-tested message with new findings, recipes, and user-friendly tools. Dr. Rolls's twelve-week program supports readers step-by-step as they develop new habits to help them lose weight and keep it off and her 105 delicious recipes, divided into thirty-five food categories, provide a foundation for personalizing and preparing everything from breakfast favorites to main courses to desserts. *The Ultimate Volumetrics Diet* also features: Budget- and time-saving tips for losing weight; Myth busters shattering common beliefs about diets and dieting; Food shopping strategies and options for saving time or saving money; Game plans for eating out, including menu buzz words, key questions, calorie labeling, and more; New tips for feeding the family and camouflaging veggies in favorite dishes; Concise charts with nutritional information for personalizing meals; Before-and-after photos comparing standard and Volumetrics recipes, with tips on how they were adapted to provide more food for the calories; Change the way you think about managing your weight and enjoy a lifetime of healthy food choices with *The Ultimate Volumetrics Diet*.

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