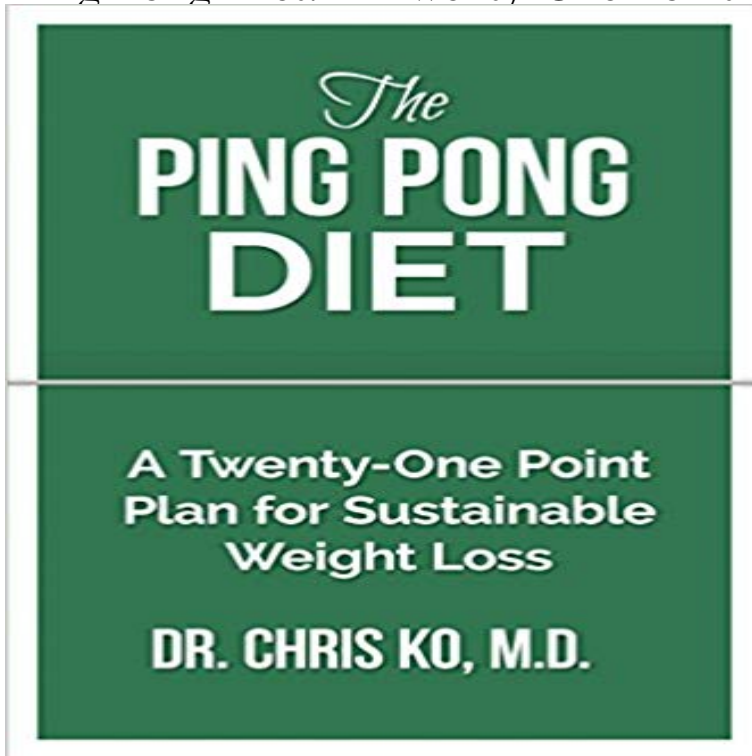


Ping Pong Diet: A Twenty-One Point Plan for Sustainable Weight Loss



The Ping Pong Diet harnesses the power of plants and protein to control your hunger and manage your weight. No counting. No calculations. Just eating, and a lot of it!

But unlike other diet books, this book teaches you how to both lose the weight and keep it off. These strategies make up the twenty-one point plan for weight management that teaches you to eat well, be well, and finally feel well again. The Ping Pong Diet teaches you:

- How to lose weight fast
- How to control your hunger
- How to increase your metabolism
- How to easily interpret a nutrition label
- How to stay motivated
- How to simply lower your fat intake
- How to boost your nutrition
- How to lower your blood sugar levels
- How to develop positive eating habits
- How to sustain weight loss

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