



Dr. David Katz's Flavor-Full Diet: Use Your Tastebuds to Lose Pounds and Inches with this Scientifically Proven Plan

David L. Katz, Catherine S. Katz

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Lose weight easily with Dr. Katz's groundbreaking approach to appetite control. *Dr. David Katz's Flavor-Full Diet* shows you how to fill up to complete satisfaction on fewer calories, calm the appetite center, and drop up to 16 pounds in just 6 weeks while eating delicious and nutritious food suitable for the whole family. With a Mediterranean-inspired 6-week meal plan, more than 100 delicious, simple, family-friendly recipes, and hundreds of insights available nowhere else, the Flavor-Full Diet will lead to weight control and better health, and to food you love that loves you back.

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