



The Tropical Diet: A Scientific, Simple, and Sexy Weight Loss Strategy for Health, Sport, and Life

By Lisa Dorfman



The Tropical Diet: A Scientific, Simple, and Sexy Weight Loss Strategy for Health, Sport, and Life By Lisa Dorfman

"When you can't get to the tropics, let the tropics come to you."

The Tropical Diet™ is a lifestyle diet.

For dieters looking for a fit physique, more energy, and better health, without sacrificing, The Tropical Diet™ shows you how to prepare your mind, body, and soul for the sexiest way to lose weight and feel great. It takes the warmth and feel of a Caribbean vacation and brings it into your kitchen and into your life.

The book's 50+ recipes are easy to prepare, fit into your Tropical Diet food exchanges, and are delicious. Lisa shows readers how to convert everyday foods into a delicious blend of flavors representing Hispanic, French, Asian, Indian, African, and European tastes—savory meats, fishes, spices, fruits, snacks, and Caribbean drinks in a fun way that lets you lose weight without feeling deprived. Examples of the delicious dishes are grilled chicken salad, pancakes, brownies, and fried fish. You'll instantly lighten up your meals with healthy ingredients, vitamins, and minerals that can even help you lose weight faster.

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Editorial Review

From the Publisher

The Tropical Diet™ takes the no out of dieting, and puts back the yes for delicious food, beverages, and desserts for weight loss, sport training, and for life.

Lisa's Tropical Diet Detox prepares readers physically, nutritionally, and emotionally for permanent dietary change. Lisa's Food, Fitness, and Pleasure Pyramid shows you how to reach nutritional enlightenment in six easy steps.

You can either eat gourmet home cooking or Convenience Cuisine—Lisa's lingo for fast food, eating-on-the-run-type meals. Everything works on The Tropical Diet™. Even frozen meals and airplane food! Your favorite restaurant dishes can also be calculated to fit into your program. Better yet, you will learn how to order restaurant food in a new and healthful way so that you can follow The Tropical Diet™ all the time—forever—without feeling like you have to give up your social life because you're trying to lose weight or maintain weight loss.

Most of the foods on The Tropical Diet™ are normal everyday foods. Unfamiliar foods are described in the Tropical Diet Glossary and in resources provided in the appendix. Most of the tropical seasoning and sides, the foods which make this diet tropical—are located in the produce, canned, or frozen foods sections of your store, or the health food store.

From the Author

By adding sexy new spices, delicious fruits, and creamy drinks to your life, The Tropical Diet™ lets you eat healthy foods and snacks without feeling deprived. Better yet, The Tropical Diet™ translates 1,000- to 2,400-calorie plans, into three easy-to-follow programs of your choice: • The "Lean" low-carb, high-protein, sugar-controlled program for meat, chicken, and seafood lovers. • The "Athlete" high-carbohydrate, moderate-protein, low-fat plan for active individuals. • The "Basic" 40/30/30 distribution of carbohydrate, fat, and protein calories for dieters just looking for a balanced nutritional plan.

On each plan, fresh fruits, salads, seafood, and even tropical cocktails tantalize your taste buds so you never feel hungry. The Tropical Diet™ also revs you up with extra energy to tackle the stress of a busy lifestyle.

From the Inside Flap

The Tropical Diet is the first weight-loss program that captures the energy and exotic images of the tropics—it's the fun, sexy way to lose weight.

A lifelong traveler, a trip to the Caribbean 20 years ago started the author on a process of defining and refining The Tropical Diet. Her book shows readers how to convert everyday eating habits into a delicious blend of flavors representing Hispanic, French, Asian, Indian, African and European tastes—savory meats, fishes, spices, fruits, snacks, and Caribbean drinks in a fun way that lets you lose weight without feeling deprived. These foods add bold colors, textures, and tasty flavors to ordinary recipes such as grilled chicken salad, pancakes, brownies, and fried fish. You'll instantly lighten up your meals with healthy ingredients, vitamins, and minerals that can even help you lose weight faster.

The Tropical Diet translates the nutritional science of losing weight into three easy-to-follow programs of your choice:

The "Lean" low-carb, high-protein, sugar-controlled program for meat, chicken, and seafood lovers

The "Athlete" high-carbohydrate, moderate-protein, low-fat plan for active individuals

The "Basic" 40/30/30 distribution of carbohydrate, fat, and protein calories for dieters just looking for a balanced nutritional plan.

If you're looking for a fit physique, more energy, better health, and are ready to put the fun back into your dietary routine, The Tropical Diet shows you how to prepare your mind, body, and soul for the sexiest way to lose weight and feel great.

Users Review

From reader reviews:

Barbara Gunter:

What do you ponder on book? It is just for students because they are still students or the idea for all people in the world, the actual best subject for that? Only you can be answered for that question above. Every person has distinct personality and hobby per other. Don't to be compelled someone or something that they don't would like do that. You must know how great as well as important the book The Tropical Diet: A Scientific, Simple, and Sexy Weight Loss Strategy for Health, Sport, and Life. All type of book is it possible to see on many solutions. You can look for the internet options or other social media.

Judy Sigmund:

A lot of people always spent their own free time to vacation as well as go to the outside with them household or their friend. Did you know? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book that you just read you can spent the entire day to reading a reserve. The book The Tropical Diet: A Scientific, Simple, and Sexy Weight Loss Strategy for Health, Sport, and Life it doesn't matter what good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the actual e-book. You can m0ore very easily to read this book from the smart phone. The price is not to cover but this book features high quality.

Joel Padilla:

This The Tropical Diet: A Scientific, Simple, and Sexy Weight Loss Strategy for Health, Sport, and Life is great e-book for you because the content which can be full of information for you who all always deal with world and still have to make decision every minute. This book reveal it data accurately using great coordinate word or we can state no rambling sentences within it. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only gives you straight forward sentences but tricky core information with beautiful delivering sentences. Having The Tropical Diet: A Scientific, Simple, and Sexy Weight Loss Strategy for Health, Sport, and Life in your hand like finding the world in your arm, information in it is not ridiculous just one. We can say that no reserve that offer you world throughout ten or fifteen small right but this e-book already do that. So , this is good reading book. Hello Mr. and Mrs. busy do

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Mildred Timm:

With this era which is the greater man or woman or who has ability to do something more are more treasured than other. Do you want to become certainly one of it? It is just simple solution to have that. What you must do is just spending your time not very much but quite enough to possess a look at some books. One of the books in the top list in your reading list is The Tropical Diet: A Scientific, Simple, and Sexy Weight Loss Strategy for Health, Sport, and Life. This book that is qualified as The Hungry Inclines can get you closer in turning into precious person. By looking right up and review this e-book you can get many advantages.

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