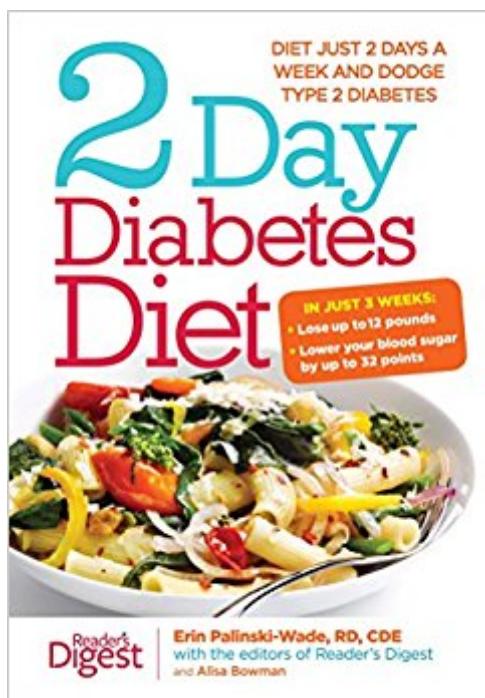


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# 2-Day Diabetes Diet: Diet Just 2 Days A Week And Dodge Type 2 Diabetes



## Synopsis

With 2-Day Diabetes Diet, there are no forbidden foods and no carb-counting. You just need to restrict what you eat for 2 days a week. You will see the pounds drop off, your blood sugar levels stabilize, and your waist shrink. Diet just 2 days a week to drop the pounds and dodge type 2 diabetes! In a recent study, researchers in the UK found that restricting carbohydrates just two days per week was superior to a standard, daily calorie-restricted diet for both reducing weight (about 9 pounds lost vs 5 pounds) and lowering insulin levels (reduced by 22% vs 4 %). Based on this and other research indicating that safe weight loss is the key to reversing and preventing diabetes, Reader's Digest has partnered with registered dietitian and diabetes expert Erin Palinski to distill the latest science to create an easy-to-follow plan that allows people with diabetes to have their cake and other carbs and still keep their blood sugar under control. A diagnosis of diabetes can be overwhelming and frightening, and even many of those who have lived with diabetes for years often struggle with the question of what they can eat. The 2-Day Diabetes Diet makes it simple • there are no forbidden foods and no carb-counting. You just need to restrict what you eat for 2 days a week • and research suggests you will see the pounds drop off, your blood sugar levels stabilize, and your waist shrink. On those 2 days a week, you follow the low-carb "Power Burn" program, and consume approximately 600 calories of selected foods. What does that look like on your plate? How about a 2-egg omelet with onions and peppers plus yogurt for breakfast; a hearty bowl of carrot soup plus fresh fruit for lunch; meatloaf and broccoli for dinner with milk; and a cup of sweet grapes for a snack? Or Canadian bacon and spinach for breakfast with a cup of milk; vegetable soup and half a banana topped with peanut butter for lunch; grilled chicken and zucchini over pasta for dinner; and an orange with a cup of milk for a snack. With real delicious food filling your tummy, you won't believe it all adds up to only about 600 calories. For the rest of the week, you follow a delicious 1500-calorie-a-day Mediterranean-style eating plan • we call these "Nourishment" days. You can enjoy a bounty of brightly colored fruits and vegetables, lean proteins, whole grains, and even a few treats. The book will include: A 2-week day-by-day meal plan that lays out sample Power Burn and Nourishment days More than 60 meal options, including restaurant and frozen food options, so you can customize the menus to your taste and lifestyle More than 50 delicious diabetes-friendly recipes An optional easy walking and strength-training program to boost results even more Stress-reducing exercises to help you ward off cravings and reduce hunger Success stories from the 10 men and women who tried the plan with amazing results! The plan is designed to be flexible • you can do your Power Burn days whenever works for you, and you can

personalize almost any meal to suit your tastes— and will work for both people with type 2 diabetes and those at risk.

## Book Information

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## Customer Reviews

**ABOUT ERIN PALINSKI** Erin Palinski, RD, CDE, LDN, CPT is the founder of Vernon Nutrition Center, where she counsels individuals in the areas of weight management diabetes, cardiovascular disease, and general wellness. A registered dietitian and Certified Diabetes Educator, Erin is also a Certified Personal Trainer through the American Council on Exercise. Erin lives in New Jersey where she has a private practice in Ramsey and Franklin, New Jersey. In addition, she contributes her nutrition expertise to a variety of national and regional media including CBS Early Show, CBS News, ABC News, NJ 12 News, Fox News, The Daily Connections Talk Show, Prevention Magazine, Consumer Reports, Fitness Magazine, Woman's Day Magazine, Glamour Magazine, Women's World Magazine, Chicago Tribune, MSN.com and Everydayhealth.com. **ABOUT READER'S DIGEST** RDA is a global media and direct marketing company that educates, entertains and connects more than 130 million consumers around the world with products and services from trusted brands. With offices in 43 countries, the company reaches customers in 78 countries, publishes 91 magazines, including 50 editions of Reader's Digest, the world's largest-circulation magazine, operates 78 branded websites and sells 40 million books, music and video products across the world each year. Reader's Digest, the world's most read magazine with 26 million readers, 2.7

million users on ReadersDigest.com, and more than 1 million Facebook Likes. Further information about the company can be found at [www.rda.com](http://www.rda.com).

I have very mixed feelings about the "2 Day Diabetes Diet". On the one hand Readers Digest has once again compiled a tremendous amount of information. The book includes the science behind the concept of fasting, menu plans, recipes with full color photos, modifications for vegetarians and those who are lactose intolerant, a complete exercise plan and much, much more. But on the other hand, I feel the book could have been much better if they had embraced the true concept of intermittent fasting when developing the diet. Intermittent fasting has truly revolutionized the weight loss game. The concept which has become more mainstream thanks to the work of Dr. Michael Mosley author of The FastDiet and Dr. Krista Varady involves eating less calories (about 500 for women and 600 for men) two or more days per week and eating normally the rest of the week. Based on this premise thousands of people are losing weight, improving their blood sugar levels and enjoying many other health benefits. And those following the plan are finding it so much easier than traditional dieting because you can eat what you like (without being a glutton) on non fast days. And this is one area where the 2 Day Diabetes does not deliver. In addition to fasting on 600-650 calories 2 days per week on "power burn days", the diet involves eating 1500 calories on the non-fasting days called "nourishment days". Most woman eat an average of 2000 calories for weight maintenance. 1500 calories is dieting. Many weight loss diets allow for 1500 calories a week with no fast days. Essentially this is a diet 7 days a week like any other diet. And with the fast days some may find it harder to sustain. It does not give you the freedom that intermittent fasting does. Calling this is a 2 day diet is not very accurate. I am on a number of intermittent fasting forums and have read tons of success stories of people with blood sugar problems, and a host of other health issues that have enjoyed tremendous weight loss and many benefits from intermittent fasting 2 days a week and eating normally (2000 calories or so) the rest of the week. It can be done. It may take longer but is so much easier and more sustainable for many people. There are some other issues I feel the book has. Though a quality exercise program is shared, it is optional. Walking and other exercise is so helpful for blood sugar regulation it should be required at least a few days a week. In addition, the test group they used to determine the effectiveness of the diet was very small. I have no doubt this diet will work. And it has a lot of excellent information. The meal plans are great. However, it is not a 2 day diet. It is a 7 day diet and should be approached as such. Can you stick to 7 days a week? The beauty of true intermittent fasting is it is only a few days a week and that is why it is so revolutionary and why it works for sustainable weight loss. All in all the book is a nice resource.

but tweaking it to include more calories on the non-fast days may give much better results. I also suggest joining intermittent fasting groups to share experiences, what to eat, results, motivation, support and more.

So far, it's been great. Started the diet on June 10, lost 5 lbs the first week. Fasting blood sugars are varying, but I've had several readings in the low 100s and even an 86 one morning...far better than my typical range of 140-150. Sticking with this for a while, will update in a few weeks.

Great book. Has a lot of good info on how the body works in relation to the food we put into it. Have been on the plan for 5 weeks. Have lost 2 pounds and glucose went 135 to 91. Doesn't feel like a diet at all. Couldn't lose weight on other plans I have tried including Weight Watchers. Would highly recommend this book. Great recipes even for those without a weight problem and just want to eat healthier. I give this book 5 stars. As for the seller, my book was delivered quickly and looked brand new.

This is a good help for the diabetic reversal plan.

Delicious meals and plan

great info and recipes

Great Product! Good eats!

Worth a try

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