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Grimaldo PH D Registered Dietitian Are you always tired Do you experience shortness of breath even if you just went up a single flight of stairs Does your spouse complain when you sleep because you snore too loudly If your answer to one or more of these questions is yes then there s probably a chance that you are overweight or worse suffer obesity Read how to overcome this challenge with a diet plan that is best for YOU Table of Contents Introduction Chapter 1 GM Diet Chapter 2 GM Diet Seven Day Meal Plan Chapter 3 Juicing Chapter 4 Juicing Recipes Chapter 5 Paleo Caveman Diet Chapter 6 Paleo Diet Recipes Chapter 7 Photogenic Diet Chapter 8 Ketogenic Diet Recipes Chapter 9 5 2 Diet Chapter 10 5 2 Diet Recipes Low calorie meals Chapter 11 Is Your Diet Working for You Conclusion

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