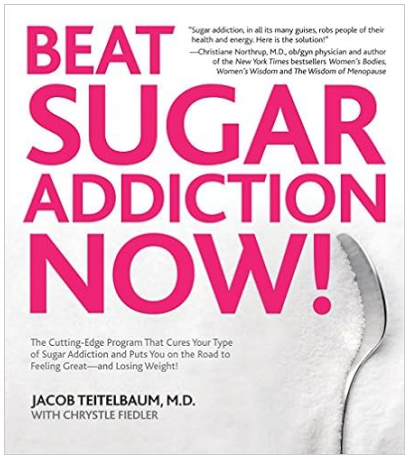
Diet

February 1, 2019

The Diet bookstore feature books about healthy living. Books are listed in alphabetical order by title. Click the title to read more about each book. Are we missing your favorite book? Click here to send us your recommendations.

- Beat Sugar Addiction Now!
- The Clean 20: 20 Foods, 20 Days, Total Transformation
- Clean Sweets: Simple, High-Protein Desserts for One
- Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health
- The Greenprint: Plant-Based Diet, Best Body, Better World
- Mindful Eating on the Go: Practices for Eating with Awareness, Wherever You Are
- The Ultimate Protein Powder Cookbook: Think Outside the Shake
- Think Yourself Thin: A 30-Day Guide to Permanent Weight Loss
- Whole New You

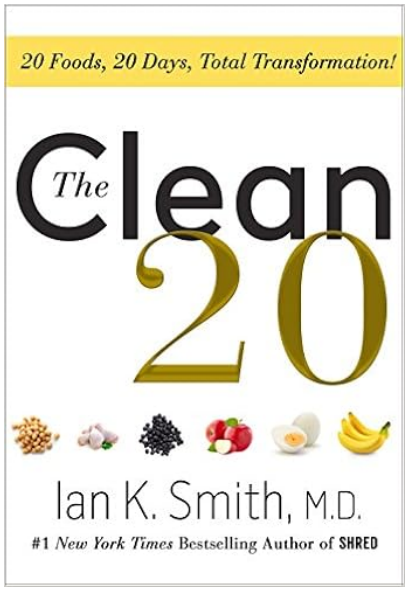


Beat Sugar Addiction Now!
by Jacob Teitelbaum, MD, with Chrystle Fiedler

The No-Fail Plan to Beating Sugar Addiction!

With one-third of our calories coming from sugar and white flour added to processed foods, sugar addiction is a rapidly growing epidemic. However, unlike other addictions, going “cold turkey” won’t fix it. In this groundbreaking book, nationally recognized physician Dr. Jacob Teitelbaum uncovers four types of sugar addiction and gives a step-by-step plan for resolving their underlying causes, breaking sugar cravings forever, and achieving dramatically improved health and energy levels—while also making it easier to lose weight!

Available at amazon



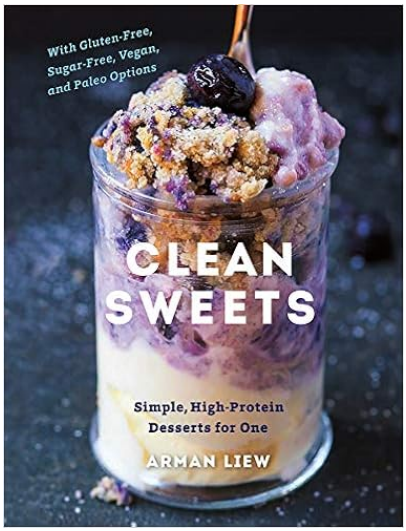
The Clean 20: 20 Foods, 20 Days, Total Transformation
by Ian K. Smith, MD

From the New York Times bestselling author of SHRED and Blast the Sugar Out, the ultimate guide to clean eating!

What is clean eating? In his newest diet book, Dr. Ian K. Smith teaches readers the benefits of clean eating and how to implement it in their own lives. He tells readers how to easily reduce unhealthy processed foods in their diets, a key to weight loss, disease prevention, and overall health. The Clean 20 focuses on twenty clean foods--from avocado to whole wheat pasta and everything in between--that readers can easily find, prepare, and incorporate into their diets. The Clean 20 includes a complete clean eating program with a daily meal plan, 60 recipes and substitutions, as well as 20 minute easy-to-work-in workouts.

Dr. Ian knows what works: it’s not eliminating food groups, but choosing foods within each group wisely to satisfy the palate and the body’s nutritional demands. The Clean 20 isn’t just vegetables. Grains are in. And so is fruit, fat, meat and fish. When palate and nutrition are in sync, weight loss not only follows, it sticks. The Clean 20 is a life and body changer.

Available at amazon



Clean Sweets: Simple, High-Protein Desserts for One
by Arman Liew

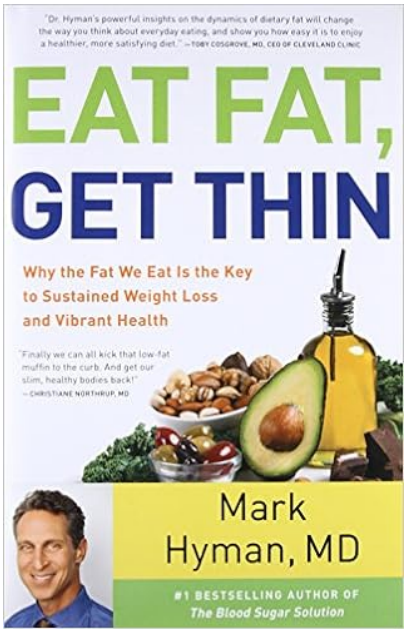
High-protein desserts that taste great, are easy to make, and serve one or two.

Giving up dessert is no fun, so health-savvy folks have long tried to find ways to satisfy a sweet tooth. But so many Paleo–style desserts are complicated, with long lists of hard-to-find ingredients. They also often make too much of a good thing, which is almost as bad as not having it at all. Arman Liew discovered a way to have his cake and eat it too—in decadent creations that indulge the appetite and pack in the nutrients. From breakfast reinvented to no-bake treats, recipes include:

- Protein Peanut Butter Cups
- Dark Chocolate and Salted Caramel Waffles
- Molten Lava Cake
- White Chocolate Raspberry Bars

There’s no tapioca flour, coconut nectar, or xanthan gum to be found here. Make something sweet the moment the craving hits, from foods that are already in the cabinet. Add in terrific photography and this is a book every health-conscious person should have on hand.

Available at amazon

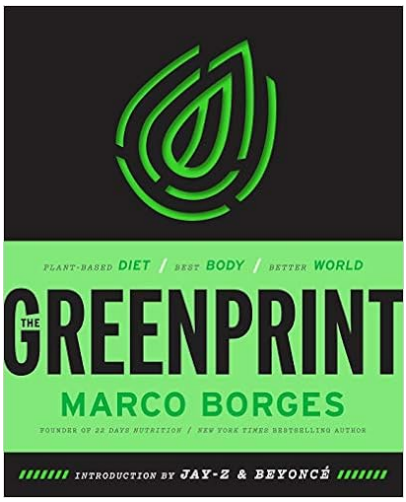


Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health
by Mark Hyman, MD

A revolutionary new diet program based on the latest science showing the importance of fat in weight loss and overall health, from # 1 bestselling author Dr. Mark Hyman.

Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious super-foods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to EAT FAT, GET THIN, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, EAT FAT, GET THIN is the cutting edge way to lose weight, prevent disease, and feel your best.

Available at amazon

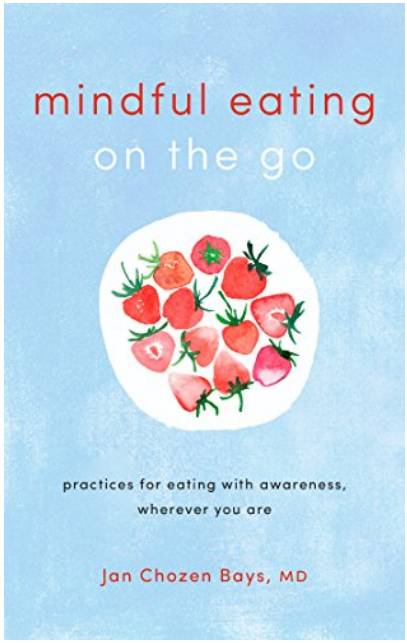


The Greenprint: Plant-Based Diet, Best Body, Better World
by Marco Borges

New York Times bestselling author and CEO of 22 Days Nutrition, Marco Borges introduces one of the most inclusive, practical, and revolutionary plant-based lifestyle plans - The Greenprint. By following its 22 proven effective guidelines, you will shift your mindset, improve your health, lose weight, and impact the planet for the better.

Accessible and easy-to-follow, The Greenprint is a movement to embrace your absolute best and healthiest life. Through his more than two decades of experience working with clients, including some of the world's biggest celebrities, and spearheading exercise and nutrition research, Borges developed the groundbreaking "22 Laws of Plants," which he's determined are the most important plant-based diet, exercise, and lifestyle secrets for losing weight, increasing energy, boosting metabolism, and reducing inflammation, not to mention helping minimize your carbon imprint to help the planet. The Greenprint outlines three simple, step-by-step plans to implement the 22 Laws into your life, depending on where you are on your journey. Whether you are ready for a gradual shift or excited to tackle them all full-on, in just weeks you will be on your way to a healthier, cleaner approach to eating that includes plenty of whole grains, bountiful veggies, legumes, nuts and more. You'll also find meal plans, more than 60 delicious recipes, countless tips, and inspirational stories to help you along the way. Take control of your diet, create your own Greenprint and forever alter your weight, your health and the planet.

Available at amazon

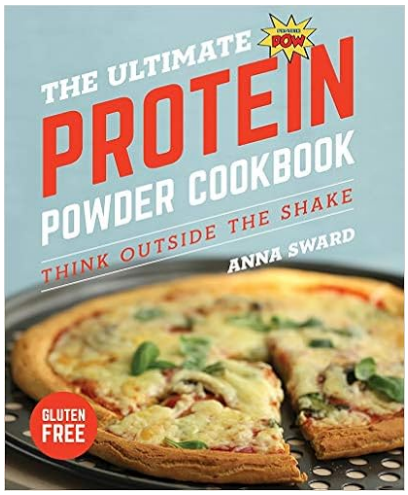


Mindful Eating on the Go: Practices for Eating with Awareness, Wherever You Are
by Jan Chozen Bays

Eating should be a source of joy—not a cause of angst, stress, or calorie-counting. Jan Chozen

Bays's 2009 edition of Mindful Eating demonstrated the timeliness of that message in a world where our relationship with food is often negatively charged to the point where eating disorders are epidemic. Her approach ties together the latest science with Buddhist mindfulness techniques (she's an MD as well as a Zen teacher) in a way that's brought amazing results to folks who had no idea eating could be such a fulfilling and fun activity. With this little book, Jan now makes mindful eating even more accessible, providing simple exercises you can use anywhere in a small format you can keep in your pocket or purse to pull out for inspiration wherever you might be—any time you want to find a way to reconnect with eating as one of life's great joys.

Available at amazon



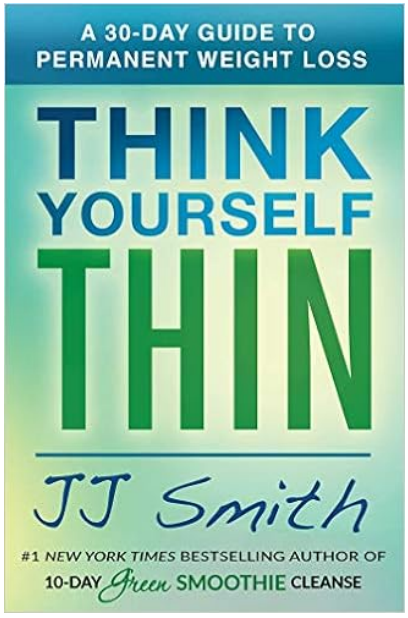
The Ultimate Protein Powder Cookbook: Think Outside the Shake
by Anna Sward

Protein powder can help individuals lose weight, build muscle, have more energy, and perform their very best. In The Ultimate Protein Powder Cookbook, Anna Sward, author of the celebrated blog Protein Pow, shares delicious ways to add protein to anyone's diet that go beyond tossing a scoop of powder into the blender. Protein powders can also be used to make an infinite variety of healthy and delicious foods—from protein bars to breads, quiches, pizza, muffins, pancakes, cookies, cakes, and more—that will satisfy taste buds while promoting health and optimal fitness.

Readers will feel and perform their best with more than 150 easy-to-follow recipes, including:

- Banana & Chocolate Protein Waffles
- Mexican Chocolate Protein Muffins
- Tuna Burgers with Protein Powder Buns
- Pumpkin Macaroni & Cheese

Available at amazon



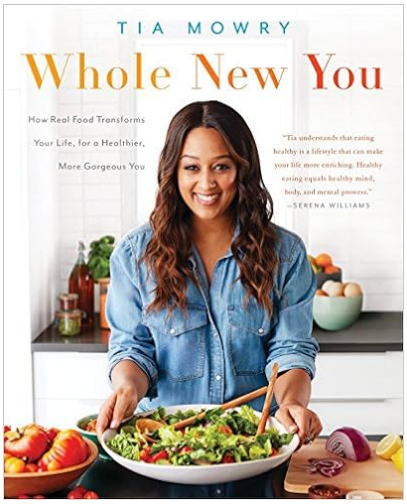
Think Yourself Thin: A 30-Day Guide to Permanent Weight Loss
by JJ Smith

The author of the #1 New York Times bestseller 10-Day Green Smoothie Cleanse returns with this revolutionary guidebook filled with the crucial mental strategies that will provide the missing piece in your weight loss journey once and for all.

After helping dieters lose over two-million pounds in two years, JJ Smith realized the most important, yet most overlooked, factor for permanent weight loss is mental mastery. In Think Yourself Thin, Smith helps you uncover the root of your struggle and address the spiritual or emotional issues tied to your eating behavior. By applying the strategies outlined in this book, you will have the tools you need to take control of your weight, and thus your health, and experience the joy of having your dream body.

Divided into four parts, Smith's book uncovers the five psychological stages required to lose weight and keep it off. Smith also introduces the all-new SUCCESS System detailing the mental habits and approaches necessary for permanent weight loss. Filled with inspiring, motivational success stories and user-friendly principles that provide the guidance you need to eat in a manner that helps the body burn fat and lose weight, Think Yourself Thin makes long-term weight loss a reality by starting with what matters most.

Available at amazon



Whole New You: How Real Food Transforms Your Life, for a Healthier, More Gorgeous You: A Cookbook
by Tia Mowry

From the star of the Cooking Channel's Tia Mowry at Home comes a timely clean-eating cookbook that will change the way you think about what you eat and jump-start your journey to a healthier, more gorgeous you.

When actress Tia Mowry landed her breakthrough role on the sitcom Sister, Sister, she swapped home-cooked meals for catering spreads. But her teen-dream diet of candies and carbs turned into a nightmare when she developed endometriosis, a painful disease that affects one in ten women worldwide. Two years and two surgeries later, some surprising advice from her doctor inspired Tia to radically change one of the most basic elements of her life: her diet. After ditching the dairy and the refined sugars and processed foods, Tia's pain receded drastically. What's more, her migraines stopped, her skin cleared up, and she was finally able to get pregnant. Drawing on the latest research on whole plant foods, inflammation, and gut flora, Whole New You chronicles Tia's journey to wellness and provides all the resources you need to feel better, including

- a ten-day menu plan to begin your healthy life
- more than 100 delicious recipes
- lighter versions of your favorite comfort food recipes, including "Buttermilk" Fried Chicken and Crispy Collard Chips
- healthy recipes for your kids
- tips and tricks for eating on the go
- complementary approaches, such as acupuncture and yoga, for whole body healing

Like a trusted friend, Tia recounts both her setbacks and her triumphs—and shows you how to listen to what your body is telling you. With Whole New You, your healing begins now.

Available at amazon

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.realhealthmag.com/article/diet