

## The Pritikin Promise 28 Days To A Longer Healthier Life

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The Pritikin Promise: 28 Days to a Longer Healthier Life. This is my promise to you: You can banish fatigue, feel more alive and energetic, normalize your weight without hunger, lower your risk of contracting one of the degenerative diseases that are epidemic in our country, and look terrific as well.

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Advice on the 28 days of exercise is sound--walking, once again, is just as good as running. The bulk of this guide is given over to the 28-day diet, and the menus will surprise those who think Pritikin-adherence means months of whole-grain consumption.

### THE PRITIKIN PROMISE: 28 Days to a Longer, Healthier Life ...

The Pritikin Promise: 28 Days to a Longer, Healthier Life. Simon & Schuster. ISBN 978-0671494476 (1983). Diet for Runners: The High-Performance Diet that Gives You Supercharged Energy and Endurance ISBN 978-0671556235 (1985). Pritikin: The man who healed America's Heart ISBN 0-87857-732-7 Tom Monte, Ilene Pritikin (1987). See also

### Nathan Pritikin - Wikipedia

Pritikin dieters are instructed to consume five or more 1/2-cup servings of complex carbohydrates in the form of whole grains, beans, legumes or starchy vegetables each day. For the whole grains, choose foods like brown rice, barley, quinoa and whole-wheat bread or pasta and avoid all white rice or refined grain items.

### What Do You Eat on the Pritikin Diet? | Healthy Eating ...

14-Day Pritikin Meal Plan Jumpstart your Pritikin Program and start seeing benefits right away with our 14-Day Pritikin Meal Plan For Health and Weight Loss. Every day for 14 days, you'll see food for the entire day, from breakfast to evening dessert. Follow it to a "T," or be creative! Pick and choose what's best for you, then round ...

### 14-Day Pritikin Meal Plan - Pritikin Weight Loss Resort

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