



The One One One Diet: The Simple 1:1:1 Formula for Fast and Sustained Weight Loss

Rania Batayneh, Eve Adamson

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Anyone who has tried to slim down is used to adding (calories, points, fat grams, net carbs) and subtracting (pounds, inches, dress sizes). But all that diet math rarely results in long-lasting weight loss. To be successful on *The One One One Diet*, readers only need to count to one: one protein, one carb, and one fat at every meal. For over 12 years, nutritionist Rania Batayneh has used this plan with more than 800 clients, and they've collectively dropped thousands of pounds permanently.

The One One One Diet isn't another get-slim-quick fad, but rather gives readers the tools to eat healthfully for *life*. As long as readers stick to the ratio, nothing is off limits. Craving pizza? The crust (carb), sausage (protein), cheese (fat), and free veggies combine for a balanced, satisfying meal. Holiday family meals? Roast beef (protein), mashed potatoes (carb), gravy (fat), and green beans (free veggies) are on the table. The plan is perfectly adaptable to every lifestyle, food preference, cuisine, and personality.

To illustrate how flexible and delicious this plan can be, Rania shares 75 recipes that she developed for her healthy meal catering service. Dishes such as Sumac-Infused Chicken Wraps, Butternut Squash Chickpea Curry, and Zucchini Chip Muffins are fast and easy to make and definitely don't taste like diet food. With *The One One One Diet*, readers will enhance overall wellness, lower cholesterol and blood pressure, increase energy and alertness, and reach their goal weight for good.

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