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A Note of Introduction From Terese Weinstein Katz, MFT, PhD: If there ' s

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one thing I know, it ' s how much people struggle to eat well and stay fit. My career as a clinical psychologist has spanned over 20 years.

~~Eat Sanely | Weight loss for Long Term
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Breakfast (include whole grains and protein) Lunch (include whole grains, vegetables, protein and fruit-bring from home) Afternoon snack (include protein, under 250 calories) Dinner (make at home)

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SAMPLE DIETARY PLAN: Will follow South Beach Diet.

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