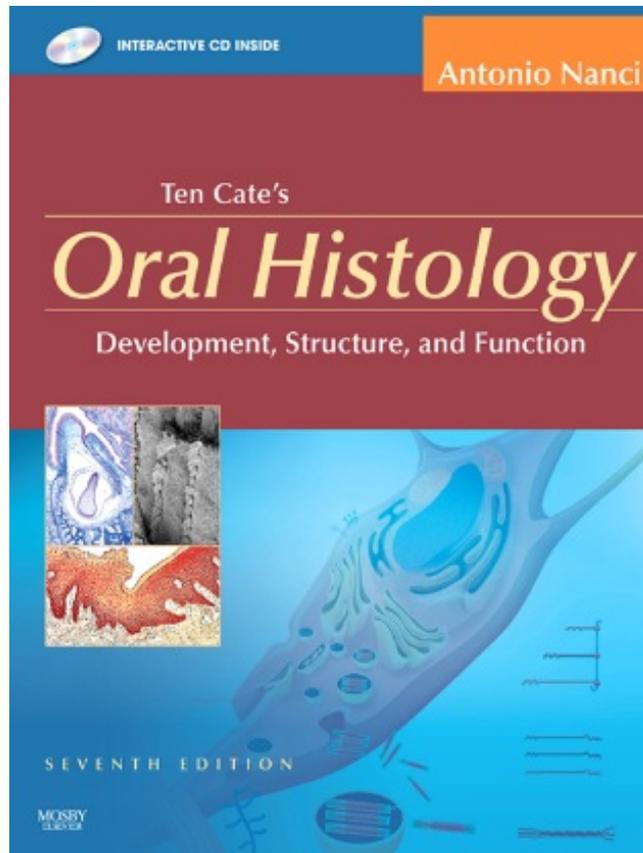

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iphone 6 pro Plus canadaNEW: The Alki Beach Diet: You Don't Have to Give Up Your Lifestyle! Dear Suburban Junkie: My weight is killing me! I work out five days a week and eat really healthy, but I'm fat as a nun. I've tried Atkins and Jenny Craig, but I can't stand that stuff. I really want to lose weight and feel better, but I can't go back to living like this. Can you help? – H.B., Seattle, WA Dear H.B.: "H.B." has a couple of problems with this. First, most diets that you're referring to will drive you crazy, because they're starving you and causing you to live on bland food that makes you extremely tired. Second, they force you to become calorie-restricted, and when you're calorie-restricted, your body goes into a state of metabolic famine. "You'll end up losing weight, but most likely you'll also lose muscle, and then you'll be disappointed to find you're in worse shape than before you started." With this in mind, I'd like to offer a different approach: The Alki Beach Diet. Advertisement - Continue Reading

Below I didn't invent the Alki Beach Diet, but I was the first to call for it to be named after Alki Beach, a beautiful seaside community in my hometown of SeaTac, Washington. Like you, "H.B." is concerned with finding a way to maintain a healthy lifestyle while living in the suburbs. Alki Beach is the perfect location for finding the right answer. SeaTac, like much of the Puget Sound area, is protected from the snow and ice of winter by a big body of water. All of the communities along Alki Beach are the same; there's no weather that threatens them. It's the perfect place for a suburbanite like "H.B." to enjoy her lifestyle.

The Alki Beach Diet: Here's How It Works For every meal, you can eat unlimited amounts of the following foods: Eat all of the following before dinner Eat all of the following after dinner Green tea Blackberries Green tea and blackberries Don't eat Fruits other than the berries Coffee Meats Cooked rice Red or white wine Vegetables other than the berries 82157476af

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