



The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days!

Connie Guttersen

[Download now](#)

[Read Online ➔](#)

The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days!

Connie Guttersen

The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days! Connie Guttersen
The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days!

The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days! Details

Date : Published December 27th 2005 by Meredith Books (first published 2005)

ISBN : 9780696228315

Author : Connie Guttersen

Format : Hardcover 320 pages

Genre : Food and Drink, Cookbooks, Nonfiction, Health, Food, Diets, Cooking, Nutrition



[Download The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days!.pdf](#)



[Read Online The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days!.pdf](#)

Download and Read Free Online The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days!
Connie Guttersen

From Reader Review The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days! for online ebook

Sarah says

I mean...it's a diet book. A good chunk of it is recipes. I read this one years ago (like...junior year of high school) and mostly read through it again as a refresher before jumping back into a healthy eating lifestyle.

There's a whoooooole lot of repetition, a fair amount of science-y jargon regarding the benefits of various foods, etc. As someone who's already fairly familiar with how the diet works, I could've skipped the actual content and just looked at the portions and food lists and been done with it.

2.5 stars for now. It may warrant 3 stars in several months when I see how well it's worked.

Coleen says

Excellent recipes, even if you don't want to stay on the diet. My husband, however, stuck to it faithfully and added exercise. He lost 45 pounds.

Heather says

looks like a good diet book, something I'm looking into transitioning into, a more Mediterranean diet, this diet book has what look to be good recipes and helpful tips. I'm not sure if I could stick with the highly regimented actual diet, but I'm interested in the ideas behind changing my lifestyle of eating.

Tiffany says

Easy to read and interesting; the author did a good job since a diet is not the most thrilling subject matter. There are nice lists of food that one could copy for easy reference. I am changing what I eat after reading this book.

Suesaroo says

I struggled through the first 2 weeks and did lose 5 lbs. Not bad - add exercise to this mix and voila!

My Mom used this book to come up with ideas for cooking for my Dad who is a diabetic.

Leti says

I was in the library and happened to see this book. I checked it out and read it in about 10 minutes.

Really, you can get the gist of the whole fad by looking at the quick reference flap inside the book. No need to read the rest of the book.

The key is dieting is exercise and eating less. There is no magic to it.

Carmen says

I have learned a lot about healthy choices and high nutritious foods from the Sonoma Diet, while enjoying very tasty Mediterranean-style meals. So far, I have lost 14 lbs. and look forward to losing more!

Hilary says

Pretty good ideas, healthy meal ideas, plenty of rules and limits and numbers, even though they start out saying how easy it is. But definitely helpful and some inspiring ideas and explanations.

Jan says

I listened to the audiobook version of this book. Mainly I was interested in why this was called the Sonoma diet since this is the area I live in. It explains a simple program for achieving a healthy weight and lifestyle by eating certain foods grown and available in the Mediterranean and Northern California "wine country" regions. It explained how and why to include certain foods into our diets for health and the importance of eliminating others. It also includes techniques for eliminating cravings and tips for portion control and food preparation. I don't know if the hard copy of this book includes recipes, but there are a few subsequent books, and two of them are recipe books based on this diet.

This sounds like a simple, easy to follow diet which includes tips and support for continuing it as a permanent change in lifestyle .

Carissa Weibley says

the recipes are great! I don't believe in diets at all. this one is more of a lifestyle change...advocating fresh fruit and veggies, lean cuts of meat. not really a restrictive calorie diet at all. you won't be hungry!

Katherine says

I love the recipes and menus in this book. I use this book as a cookbook rather than a lose-weight-diet book.

Linnea says

This is not so much a "diet" book as it is a lifestyle choice book. It talks about healthy eating and healthy living. I agree that our lives tend to be incredibly hectic and we don't stop to appreciate good food. one of the side perks of the book is that it does encourage good eating habits and therefore, it has been shown as a way to lose weight if that is a goal of yours. I like it because it tends to be more inclusive than Atkins and I like the recipes better than South Beach. I also like it because it is a diet that actually encourages you to drink wine in moderation.

Loree says

A Book Barn Find! I've worked my way through several delicious recipes. Worth a try!

Curtis says

The Sonoma Diet is intriguing because much of the food it encourages is food I already eat on a regular bases. Yet, I have the sneaking suspicion that it's nowhere near as easy as it sounds. I don't doubt that it works, but who wants to give up sugar, wine and cheese for ten days? I will however, incorporate some of these practices and recipes into my daily routine. This book (we have the hardcover & audio version) covers all the bases, provides helpful nutritional insight and motivates me to improve my diet (just in time for the new year). Unfortunately, I don't have the willpower to commit to any diet 100%, but doing half a diet (along with exercise) is better than nothing at all.

Ruth says

OK, folks, I've lost nearly 30 lbs following the Sonoma Diet. It's a sensible diet that works well with my fondness for natural foods, herbs, and wine. You even get to have real cheese in many of the recipes. The recipes might be difficult to make if you don't have access to a decent health food store, as many recipes call for things like spelt, quinoa, and other grains the Firefox spell check doesn't recognize as words. I've now cooked nearly all of the recipes in the book, and enjoyed just about every one. It is probably not a great book for those that do not enjoy cooking, though Connie Guttersen does propose alternative ways to follow the Sonoma Diet using ratios.
