



The 3-1-2-1 Diet: Eat and Cheat Your Way to Weight Loss--up to 10 Pounds in 21 Days

Dolvett Quince

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Want to finally lose the weight and keep it off? Want to be able to eat the foods you love? Reaching your goals can only happen when you don't feel deprived and you continue to stay motivated. Now, celebrity trainer and star of the hit reality series The Biggest Loser, Dolvett Quince, tells you how to do all of that and more in his revolutionary program, **THE 3-1-2-1 DIET**.

This 21-day program works by manipulating your body's natural tendency to slow its metabolic rate in response to calorie restriction. It takes a new approach to getting lean—one scientifically based on changing up food and calories to tap into your body's potential to burn fat. This unconventional plan results in greater muscle and less fat than any other diet you've ever tried.

Dolvett's effective eating plan is as easy as 3-1-2-1: three days of clean eating, one day of cheating, two more days of clean eating, and one final reward meal at the end of the week. No foods are off limits and you will never feel deprived because the plan is flexible enough to fit into any lifestyle. You'll lose weight fast—10 pounds or more in just 21 days—and you won't plateau.

Dolvett's simple meal plans and delicious, easy-to-prepare recipes, together with his fast and effective workouts that combine cardio and body-shaping moves, will have you back in your skinny jeans in less than three weeks!

The 3-1-2-1 Diet: Eat and Cheat Your Way to Weight Loss--up to 10 Pounds in 21 Days Details

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From Reader Review The 3-1-2-1 Diet: Eat and Cheat Your Way to Weight Loss--up to 10 Pounds in 21 Days for online ebook

Brandie says

The menu suggestions don't thrill me but I learned quite a lot from the rest of the book.

D Miller says

Great advice

I found this book to be an excellent source of information. It's simple device, that I think anyone could follow, and be happy with their results.

Adrienna says

I have read numerous books to help me with weight loss and changing my lifestyle that is best suited for me, and my body. So far, I am pleased to read the introduction, and Dolvett Quince even shared his past life and why he got fit and changed his image for acceptance due to emotional abuse. However, I am pleased to see his success from mess.

I finally was able to determine that I am really "large frame" by just measuring my wrist (under the wrist bone). He recommends the clean eating, with a couple cheat days out of the week. I believe it is just eating more calories, not necessarily downing a bag of sweets or junk food or fast food. After just reading the first couple of chapters, too much to write notes, and had to order my own copy to highlight and make notes of with tabs to go back to the pages of interest and helpful knowledge and insight! (I happen to be a detoxing fast, so will see how I can implement this diet in my lifestyle overall). Being on this fast, this week, eating only vegetables and fruits and fluids (blends, V8 splash, gatorade drinks), I am super-hype and energized like I am an 8 year old. So I do up to 60-75 minute workouts (combo of dancing, walking, exercise DVDs). Now it makes me want to eat less meat and more raw or vegetarian meals, juicing, and smoothies! (I do see the sugar content can be high after eating a couple fruits, but wow, how I feel is tremendously good. I was sluggish two months ago and wondered why, what I was eating and probably so much toxic buildups in my body).

I know it has been difficult for the last 15-16 years of my life to lose weight, but back in 1996-1998 I was able to lose weight; however I followed religiously and strictly on a T-Lite diet and took pills. I do not like to follow rigid diets or pills anymore since I do have a sensitive stomach. I was stronger then when I was in my early twenties. Now closer to 40 years old, I need to find solutions for my body and get back to my ideal weight of 131 (but was a teen then and an athlete/dancer, and always walked as transportation and had a job always on my feet).

This book was so resourceful and helpful, I had to purchase my own copy. I also got 3 of the Biggest Loser DVDs (after checking out a few at the library). I love 8 minutes blasts one! Now will try the latest one:

cardio crush soon. I also have the at-home challenge one. Since this year has started, I already saw 4 lbs weight loss just doing DVD workouts from 30-75 minutes and changing diet before reading the book. So will put this book to the test on Feb. 1st.

The downfall for this book (personal viewpoint): no corn, soy products or soy milk, or fast food, which he justifies why we shouldn't eat these foods under his "absolute" no's! I was going to leave fast food alone but to avoid them entirely is harder unless I can find raw or vegetarian, healthy guru restaurants or places. However, I do make healthier choices with Chinese food such as Panda Express, eating vegetable egg foo young, and Subway as some choices. At McDonalds, I review the calorie count and dietary labels online and go for the grilled chicken wrap most of the time but their fries are the best with no salt. I stopped eating fast food for like 2-3 years and didn't see any weight loss results. This is a start but think it is more than just eliminating these spots but I agree that it is killing us! Another downfall to some is the calorie count for women, where we only eat on clean days about 1100-1300 calories as for cheat days about 1500-1510 calories. Most people want to eat at least 1500 calories on a regular up to 1800 calories. (Towards the end of the book, he did offer a 7-day plan of 1600 calories for women and 1800 calories for men, up to 1800-2000 calories on cheat days!) But while on this detoxing with fruits and vegetables mainly, I still do about 1100 to 1300 calories. Exercise isn't a problem anymore for me. I had to start at 20-25 minutes, but in a month, up to 75 minutes. I do 4 days a week, hopefully can get up to 5-6 days again.

*I also have a serious crush with this biggest loser celebrity trainer, Dolvett Quince too. He took photos in the book of him doing the workouts/exercises, which is a PLUS for me.

Leisure read, 2014. Later I had to purchase my own copy (Jan. 2014) and will follow 3-1-2-1 diet as a regular lifestyle and keep track how I feel, look, and the woman I will become over time (starting Feb 9, 2014).

Adrienna Turner, author of The Day Begins with Christ
www.dream4more.org

Shannon Daigle says

All right, so...my mom bought this book, decided she didn't want to follow the eating plan, and passed it onto me. I am a few lbs from my goal weight, so I figure I'll give it a whirl. The philosophy looks pretty standard for dieting - eat a small amount of lean proteins and lots of simply prepared veggies each meal with a few good carbs thrown in. Right now, my eating is mainly clean, whole foods, but with less restrictions on calories and fats, so the transition won't be too hard. However, if you're used to sitting down to as many processed foods and carbs as you like, whenever you like...Quince's method may come as a shock (and you may just give the book away to your daughter...ahem...MOM.) Anyway, seems like a solid dieting plan, but I'll update with results!

D Hardesty says

Tired of crazy diets and extreme ways to get fit? I sure am and I haven't even done but 1 diet/eating plan. This book provides a simple* way to develop healthy habits while still enjoying foods you love. It's important to remember to do any diet/eating plan/exercise regimen one baby step at a time and only under

doctor's clearance. Some features of this book that were extremely helpful were simple diets without special foods that you had to search high and low for, exercises with picture demonstrations, and many worksheets/ data keeping pages. Dolvett also helps you learn things about certain foods or your body. This is not just an 'instruction manual' on how to get fit. It's about changing your lifestyle to fit your daily life and still get the results you want.

Andria Liesse says

Sensible approach. Nothing particularly new, but I like how it is presented and believe it is all very doable and very livable. We will see...

Sara says

Dolvett is so awesome that I now have this book on my Kindle and on my nightstand, and I'm sure I'm going to have that body he's promising me in three weeks too! enough said!

Tyra-faith says

really good. it helped

Barbara says

Practical diet--with a different approach. It's mapped out now if only I could get someone to buy the food and make it.

Kendra says

Its a pretty straight foward diet. Basically allowing you 2 cheat days a week- this is done so your body isn't deprived of anything. The clean eating menu sounds doable- and I pretty much only eat stuff off of that anyways, but the thing that scares me is they only net 1200 calories, if that! Ummmm, that sounds like starvation, especially if you are expected to work out for 48 minutes every day!

I enjoyed the recipies given, and it was interseting to read a bit more about Dolvett's life prior to The Biggest Loser.

Elizabeth Jackson says

Great workout you can do at home with a few hand weights. I liked that his plan relied on a timer during workouts, versus counting reps and sets. I was a little disappointed with the "cheat" days. To me, they aren't really cheat days. But, overall a simple diet and work-out plan to follow. And, I found some new motivational pieces that other diet books have not offered.

Karen says

GREAT!! Very realistic ideas for weight loss and getting healthy.

Glasgowgal says

Healthy eating ideas and useful weight loss tips.

Amanda says

Easy to read and understand (if you can understand Dolvett on The Biggest Loser, you can understand everything in this book). Everything makes sense, and seems much more appealing than most other diets I've seen. Can't wait to get started!

Kate says

Easy and super informative read. Was a perfect health and wellness read at a time when I was looking for extra motivation and new workout ideas. Interesting how much it really does resemble the weight watchers plan that I follow.... just is presented in a totally different way. Awesome protein shake recipes!
