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Eating sanely does not assume that one way of eating fits all. It also doesn't assume that this is easy, or that it happens all at once. Finding your own path to sanity takes trial and error, and time and attention, given the world we live in-the world of fast food, fake food, 300,000 diet books, and 1,400-calorie burgers.

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A Note of Introduction From Terese Weinstein Katz, MFT, PhD: If there's 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-Dr.-Katz~~
Eat Sanely Paperback - April 12, 2011 by Terese Katz (Author) 5.0 out of 5 stars 1 rating

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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) Weekends -(include an eat-out meal) SAMPLE DIETARY PLAN: Will follow South Beach Diet.

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