



# You Are What You Eat: The Plan That Will Change Your Life

*Gillian McKeith*

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# You Are What You Eat: The Plan That Will Change Your Life

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**You Are What You Eat: The Plan That Will Change Your Life** Gillian McKeith  
From the author of *Gillian McKeith's Food Bible* and *Slim for Life*

With over 2 million copies sold worldwide, Gillian McKeith's **You Are What You Eat** is a national bestseller that has changed the way people think about food and nutrition. **You Are What You Eat** features real-life diet makeovers and case studies, easy to use lists and charts, and beautiful full color photographs. By encouraging you to eat more nutrient-dense, flavorful whole foods, **You Are What You Eat** will teach you how to stay healthy and satisfied.

**You Are What You Eat** also includes:

- Gillian McKeith's "Diet of Abundance"
- A 7-Day jumpstart plan
- The Food IQ Test
- Complete shopping guide and meal plan
- Healthy and delicious Mediterranean-inspired recipes

**You Are What You Eat** is a clear, no-nonsense nutritional guide to a healthier life.

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