



The Diet Code: Revolutionary Weight Loss Secrets from Da Vinci and the Golden Ratio

By Stephen LanzaLotta



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As a master baker, painter, and woodworker, Stephen LanzaLotta has used the mathematical principles of The Golden Ratio (an integral plot element in The Da Vinci Code) for more than 30 years. His realization that this seemingly magic formula, once used by Da Vinci, held the secret to optimal health and weight loss led him to apply it to his menu at his popular bakery/café. Thus was born THE DIET CODE, a revolutionary Mediterranean-style program that uses the ancient mathematical sequence to balance carbs, proteins, and fats in order to boost metabolism and spark weight loss. The plan reveals Renaissance foods that promote weight control and includes unique tips for diet success, including: * Eat bread but not without fat or protein * Cook pasta al dente to boost fat loss * Balance your plate by The Golden Ratio; 52% carbs, 20% protein and 28% fat. Combining menu plans and recipes, as well as Renaissance lore and Italian tips on healthy eating, this is a unique diet plan from the ages for the ages.



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Editorial Review

About the Author

AUTHORBIO: STEPHEN LANZALOTTA lives in Portland, Maine.

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Balance and proportion are essential elements of the Golden Ratio, Leonardo da Vinci's mathematical formula, which baker Stephen Lanzalotta applies to Mediterranean foods. Part science, part diet plan, part cookbook, and part inspiration for healthy eating, Lanzalotta creates a fascinating program. His rich, resonant voice, beautifully accented Italian, and intriguing premise entice listeners from the first imagined scene of Leonardo's supper. Lanzalotta's passion for the food he creates in his bakery café and his commitment to delicious, nutritious meals are totally engaging. Your first stop may be the bookstore to get the full print version, but the audio's bonus-feature disc is cleverly designed and gives multimedia extras of recipes and cooking guides. R.F.W. © AudioFile 2006, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

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