

# Slender For Life™

## Other Important Weight Loss Links

[21-Day Vegan Meal Plan](#), PCRM

[A Green Monster's Guide to Plant-Based Nutrition: Complex Carbs and Fiber Addressing Perfectionism](#), John H. Sklare

[Are All Carbs Bad?](#), Linda Carney, M.D.

[Becoming Slender For Life – a book review](#) by Tim Brunson, DCH

[A Brief History of Protein](#), John A. McDougall

[A Date With Disaster: The Pleasure Trap of Whole Natural Foods](#), Jeff Novick

[Clearing up the confusion surrounding saturated fat](#), Travis HL

[Dietary Fiber Checklist](#), PCRM

[Eating for energy](#), Roger Moore

[Efficacy Research ~ Hypnosis For Weight Loss](#) compiled by Roger Moore

[Every Meal Power Plate](#), PCRM

[Fasting – Back to the Future](#), Alan Goldhamer, D.C.

[Forks Over Knives Meal Planner](#)

[The Free McDougall Program](#), John A. McDougall

[FREE McDougall “Quick Start” Video Guide](#)

[Fruit Juice: Just Another Sugary Drink?](#)

[A Guide to Healthy Weight Loss](#), PCRM

[High Carbohydrate Diet: Maligned and Misunderstood](#), Nathan Pritikan

[How to Read a Food Label](#) UC Davis

[It's not about the carbs, stupid](#), Newsweek, Ellen Ruppel Shell

[John McDougall One-liners](#), John McDougall M.D.

[Just a Little More about Starch and The Starch Solution](#), John A. McDougall

[Lose a Half Pound a Day by Correcting Your Setpoint](#), John A. McDougall

[Low Fat Diets Are Grossly Misrepresented](#), T. Colin Campbell, Ph.D.

[Mary's Mini Diet](#), John A. McDougall

[More on Mary's Mini Diet](#), John A. McDougall

[New Study Promotes Olive Oil and Dismisses Low-fat Diet](#), John A. McDougall

[Mind Over Milkshakes Mindsets, Not Just Nutrients, Determine Ghrelin Response](#)

[Minding Your Weight](#), John H. Sklare

[The Myth Of Moderation](#), Jeff Novick

[Obesity Debate – Something New](#), T. Colin Campbell

[The Plant-based Diet booklet](#), Kaiser Permanente  
[Nutritional Foundations](#), John A. McDougall  
[Nutritional Updates for Physicians: Plant-Based Diets](#), Kaiser Permanente  
[Nuts Come in Hard Shells—for Reasons](#), John A. McDougall  
[The Paleo Diet Is Uncivilized \(And Unhealthy and Untrue\)](#), John A. McDougall  
[Position of the American Dietetic Association: Vegetarian Diets](#)  
[Potatoes Are Pillars of Worldwide Nutrition](#)  
Salt: The Scapegoat for the Western Diet, John A. McDougall  
Secondary Gain, John H. Sklare  
[The Ultimate Guide To Free Calorie Density Resources](#), Jeff Novick  
[Understanding Food Labels](#), Jeff Novick  
[Vegetarian Starter Kit](#)  
[When Friends Ask: Why Do You Avoid Adding Vegetable Oils?](#), John A. McDougall  
[You May Need to Lose Weight, But Do You Have The Motivation?](#), Roger Moore