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nutrition experts: a 14-day weight loss plan designed to help you change your shape for life using a new breakthrough personalized protein prescription that has worked for thousands of his patients.

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The diet is low in calories and requires dieters to cut back on their sugar intake. In fact, the calorie level is below 1,100 calories a day, which is a drastic reduction by anyone's standards.

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Written by an international expert in nutrition who also happens to

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be a professor of medicine and public health at UCLA's School of Medicine, The L.A. Shape Diet focuses on what Dr. David Heber calls a "personalized protein prescription," part of which involves finding the exact amount of protein needed for optimum

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health in accordance with your  
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The L.A. Shape Diet was created by Doctor David Heber. This diet is based on eating lots of fiber,



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fruits, and vegetables. You will evaluate your own need for proteins. You'll drink a mixture of soy milk or skim milk with fruit, and nutritional powder including protein. Each of the two steps lasts seven days.

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weight loss plan designed to help you change your shape for life, using a breakthrough personalised protein prescription that has worked for thousands of his patients.

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