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The Tropical Diet: A Scientific, Simple, and Sexy Weight Loss Strategy for Health, Sport, and Life

Lisa Dorfman

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Lisa Dorfman
"When you can’t get to the tropics, let the tropics come to you."

The Tropical Diet™ is a lifestyle diet.

For dieters looking for a fit physique, more energy, and better health, without sacrificing, The Tropical Diet™ shows you how to prepare your mind, body, and soul for the sexiest way to lose weight and feel great. It takes the warmth and feel of a Caribbean vacation and brings it into your kitchen and into your life.

The book's 50+ recipes are easy to prepare, fit into your Tropical Diet food exchanges, and are delicious. Lisa shows readers how to convert everyday foods into a delicious blend of flavors representing Hispanic, French, Asian, Indian, African, and European tastes—savory meats, fishes, spices, fruits, snacks, and Caribbean drinks in a fun way that lets you lose weight without feeling deprived. Examples of the delicious dishes are grilled chicken salad, pancakes, brownies, and fried fish. You’ll instantly lighten up your meals with healthy ingredients, vitamins, and minerals that can even help you lose weight faster.

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