



# The Harcombe Diet®

# Phase 1

## *Recipe Book*

Sugar-free, nut-free, gluten-free,  
mainly low-carb recipes



**By Zoë & Andy Harcombe**

# Harcombe Diet Handy Table

**Zoë Harcombe**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the Zoë Harcombe text.

## Harcombe Diet Handy Table:

*Time and Tide*, 1939      **Stop Counting Calories and Start Losing Weight** Zoe Harcombe, Let me guess You've tried every diet under the sun You've lost weight and put it back on The more you diet the more you crave food You have almost given up hope of being and staying slim You need to Stop Counting Calories Start Losing Weight Stop Counting Calories Start Losing Weight is the definitive guide to The Harcombe Diet This book covers each of the three phases of The Harcombe Diet in detail with meal plans for each phase for omnivores and vegetarians and the recipes to accompany these plans In this book Zoe Harcombe shows how calorie counting leads to three extremely common medical conditions which cause overeating and weight gain The Harcombe Diet will help you to lose weight and keep it off through eating better not less Weight loss in the first five days is typically 7lb Stop Counting Calories Start Losing Weight The Harcombe Diet has the ultimate Question Answer section with over 100 Q As covering Avocados to Xylitol with Natural Live Yoghurt Nuts and Soya in between The Harcombe Diet has changed the lives of tens of thousands of people freeing them from yo yo dieting and returning them to great health Let it do the same for you too      The Harcombe Diet 3-Step Plan Zoë Harcombe, 2013-05-09 A word of mouth bestseller The Harcombe Diet has already transformed the lives of thousands of people by helping them to lose weight permanently Now let it do the same for you New and easy to follow The Harcombe Diet 3 Step Plan takes you through the 3 stages of the unique Harcombe programme The first stage will help you lose up to 7lbs in 5 days and by completing all three stages you'll permanently change the way you eat In The Harcombe Diet 3 Step Plan Zo Harcombe explains how dieting makes us fatter and induces three common conditions which cause uncontrollable food cravings By following the 3 Step Plan you can overcome these conditions and lose weight not by counting calories or starving yourself but simply by eating real food You'll start this diet to lose weight You'll stay on it because you'll feel healthier than you can ever remember and you'll lose weight      *HARCOMBE DIET* ZOE. HARCOMBE, 2020      **Harcombe Diet** Zoë Harcombe, 2008 The bestselling diet book on Amazon.co.uk What is The Harcombe Diet The Harcombe Diet is designed to not make you hungry and to not have you craving food This means that you can stick to it and start losing weight The Harcombe Diet has three Phases Phase 1 just 5 days long is designed to do the following To kick start your new way of eating with a programme that is short enough to stick to but long enough to have a significant impact on Candida Food Intolerance and Hypoglycaemia To attack food cravings head on by attacking Candida Food Intolerance and Hypoglycaemia head on when motivation and will power are highest at the start of a new diet To achieve significant weight loss To continue to win the war against Candida Food Intolerance and Hypoglycaemia and so to have continued impact on food cravings To continue the great start made in Phase 1 but with a more varied diet which is easier to stick to and more enjoyable To change your eating habits forever To get you eating real food and nourishing your body and to put you off processed food and junk as much as possible Phase 3 for as long as you want to maintain your weight is designed to do the following To put you back in control of your

eating by giving you long term control over food cravings To enable you to eat without cravings for life To enable you to eat whatever you want almost whenever you want but with you managing the outcome The Harcombe Diet what it doesn't do It does not count calories or carbohydrates or fat units or points it does not count anything It does not limit quantities of food It does not put your life on hold while you lose weight It does not come with or need an exercise plan It does not try and get you to eat less and do more The Harcombe Diet what it does do It defines and meets all the characteristics of a successful diet It lets you eat real food in unlimited quantities It gives you three simple rules to lose weight and stay slim for life It encourages you to work with your body not against it It lets you get on with your life and eat to live not live to eat I've been asked by journalists if you don't agree with the Eat less do more advice what do you agree with My answer is Eat better and do whatever you like I've also been asked is the diet low carb or low fat and the answer is neither It is good carbs and good fats in whatever quantities you want just not at the same meal **The Harcombe Diet** Zoe Harcombe, Andy Harcombe, 2011

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[The Harcombe Diet 3-Step Plan Special Sales](#) Zoë Harcombe, 2014-05-08 **HARCOMBE DIET PHASE 1 RECIPE BOOK** ZOE. HARCOMBE, 2019

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