



## **Jumpstart to Skinny: The Simple 3-Week Plan for Supercharged Weight Loss**

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**#1 NEW YORK TIMES BESTSELLER - LOSE UP TO 20 POUNDS IN 21 DAYS!**

In *The Skinny Rules*, celebrity trainer and coach of NBC's *The Biggest Loser* Bob Harper delivers the ultimate strategy for healthy, long-term weight loss and "thin maintenance." But what if you have a big event looming--a reunion, wedding, beach vacation, or other special occasion--and need a fast-acting plan to meet your short-term goals?

*Jumpstart to Skinny* features thirteen short-term Rules (no one gets thin on mere suggestions) that will supercharge your weight loss. Taking any confusion or decision making out of the equation, Harper also provides a day-by-day plan for success, including his body-toning "Jumpstart Moves" and deliciously slimming recipes specially designed for your get-skinny needs.

*Jumpstart to Skinny* lets you in on the secrets Bob shares with his red-carpet celebrity clients. This is not a marathon diet; it's a quick sprint to the finish line. And the victory lap comes when you slip into that sexy dress or swimsuit and feel fantastic. Get started today!

## THE FOUR-PART JUMPSTART PLAN TO A SKINNIER YOU

**- Your Jumpstart Rules:** Thirteen must-follow principles to get you ready for your own "big reveal," including Rule #1, a precise breakdown of the proper protein/carbohydrate/fat proportions for every meal, and Rule #3, which explains why you need to just say no to complex carbs after breakfast during this three-week plan. These are the Rules that Bob Harper and his celebrity clients use to get ready for their big events--and now you're in on the secrets, too.

**- Your Jumpstart Day-by-Day:** No decisions, no confusion! Here is the simple, three-week game plan: the food to buy and prepare ahead each week, when and how much to eat each day, and the when and how of your exercise schedule.

**- Your Jumpstart Moves:** Bob's unique, twenty-minute, at-home exercise routines. From sit-ups, push-ups, and squats to jumping rope, lateral jumps, and simple chair dips, choose one of the seven "packages" of body-toning moves when your day calls for Bob's "metabolic conditioning."

**- Jumpstart Recipes:** Cleansing or juice fasting? No way! You need to eat to lose weight, so here are twenty-one days of slimmingly delicious recipes--including "Peanut Butter and Jelly" Oatmeal, Sweet Potato Hash, Spaghetti Squash Bolognese, Buffalo Chicken Salad, and Bob's signature Shrimp Skimpy--formulated with your Jumpstart protein/carb/fat proportions (see Rule #1!) and calorie maximums in mind.

## **Jumpstart to Skinny: The Simple 3-Week Plan for Supercharged Weight Loss Details**

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## **From Reader Review Jumpstart to Skinny: The Simple 3-Week Plan for Supercharged Weight Loss for online ebook**

### **Heather says**

I love Bob, but ultra-low calorie diets are just not for me. I'm sure the book will be very helpful to some, it's just not what I was looking for. If I restricted myself to only 800 calories a day, I'd start eating the people around me.

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### **Kate says**

I got this book from the library because I love both Bob Harper & Jillian Michaels from "The Biggest Loser."

I'm a huge believer and active participant in Bob's twenty skinny rules that I apply to (almost) every day! This book really lays it out- no messing around! No cheating, no room for error and you better be ready for a serious challenge...and a serious upset stomach.

The plan includes SO OVERWHELMINGLY many vegetables that the first two days I followed it I felt incredibly bloated and downright ill. This morning I woke up with both diarrhea and nausea that led to one episode of throwing up. :-( I'm sure it doesn't affect everyone the same way but I eat about 25-30 grams of fiber just about every day and this totally overwhelmed my system.

I love the tips in this book and I am definitely going to follow the percentages of 40 carbs-30 fat- 40 protein and add more vegetables to my diet. However, for me, a hard working busy nurse and currently doing a hybrid P90X and Cardio kickboxing program, 800 calories a day is going to seriously turn me into a person NOBODY wants to be around because that is just not enough. I will follow a sensible plan but this plan is just too hard for me, even for just three weeks.

I appreciate the plan, I think it can work, I think his tips are smart & easy. I love the recipes and plan to use many of them. Great book, extremely difficult plan to follow but certainly great things I will be incorporating into my life and my diet!

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### **April says**

An ultra low-calorie diet you follow for only three weeks to lose weight for a special event. Although the calories are super low (800 a day for women, not counting unlimited green veggies), the food appears to be all the healthy stuff. Lots of lean protein, fruits/veggies, and you get to eat carbs.

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### **Sarah Anne says**

I was so excited when I snagged this book at Costco. I have loved Bob Harper for some time and thought him to be effective, intelligent and motivating. I have done his workouts and just loved how complete they were.

Unfortunately, I was so disappointed in this book that I did not finish it and will be returning it pronto.

While I understand that this is a 'temporary' plan I just cannot get behind putting a woman on an 800 calorie diet for nearly any reason. (Least of all 'I have three weeks before my bikini vacation!' which he claims to be great motivation.)

Some suggestions in this book are great. Working out in the morning, guzzling water, eating protein for example. However I just don't really advocate 3 weeks of starving yourself (oh but all the veggies you want!) just to squeeze into a dress.

Perhaps I am expecting too much from Bob and if I am, that's totally on me but I just hate the focus being all on how great you will look! It is a great way to sell books I suppose, but isn't a great way to be healthy.

I think I will pick up his book "The Skinny Rules" and give that a chance, but as for this jump start? Severely disappointed.

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### **Christopher Lewis Kozoriz says**

This book is for people who want to lose a lot of weight in a little time. For example, those people who are getting married and want to look best for that special day or for those who are performing and want to look their best for their performance. This program is not for those who are seeking a long term plan for getting skinny.

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### **Donna says**

Another plan for those of us on the unending search for the quick fix. This is a very low calorie diet plan (lots of lean protein and veggies) that is meant to be short term. Complete recipes are included for every meal and exercises are described with photos. I think if I could do 1/2 of these things I would look better in three weeks!

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### **Kelly says**

I could give a better review once I've tried the 3-week plan. I'm still working on altering it for my vegan diet. I wish Bob would have included alternate options for vegans and vegetarians.

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### **Maryam A-al khalifa says**

the regimen little bit rough not a fan of short terms , but this book has a great tips ! as  
snake on fruit  
drink water to lose you water waight  
if you had a hard workout and you don't want to get sore take a fish oil

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## Spook Harrison says

Beginning this book I was amused; in the introduction he describes his book as a quick fix diet without ever saying the word diet, as it's all about Lifestyle Changes now, but after reading the very first chapter, I started to get worried that this was a very dangerous book. Pg. xvi, still in the introduction, Harper begins addressing the problems with a diet, but he smooths over them with oily words. Worried this is a non-sustainable change? Well, you signed up for it, "...but you've decided you need something special, something fast, and something simple for a specific date," is his reply. Obviously, if this doesn't work for you, or when you stop this quick fix and regain more weight than you lost, there is something wrong with you. Worried about yo-yo dieting? "An emerging body of work [red flag] might [might?] reassure you: when scholars [not professors, then] at Laval and Sherbrooke Universities [Ah? Not Johns Hopkins, Stanford, Duke...nowhere reputable? Double red flag] compared the after-diet effects..." I'm not going to type out the full quote, but Harper didn't supply a footnote with the study so we have to turn to the notes to see what the study really said, what the conditions of the tests actually were, and if what he's saying is honestly substantiated at all [triple red flag]. The study was published in (i)Menopause(i), a forum for new research, not JAMA or any one of the hundreds of other medical journals that would be interested in a good weight-loss study, and it was done in 2012. In the paragraph following his supposed scientific, academic "reassurance" he jokingly calls you "Grandma" ...to add weight to his argument? To shame you into trusting him, make you laugh and put your valid concerns aside? Because no-one wants to be thought of as old or old fashioned, but progressive and open to new ideas, like his, though with all the bad diet info out there some prudence, sense and a way to identify the smiling, smooth-talking devils just trying to sell their wares (he shills for his own work CONSTANTLY, and remember, this was still in the introduction) would be a good idea, don't you think? He also runs down other ideas with sarcasm, and again uses celebrity (because our 'stars' are all Fulbright Scholars) and his past clients to make you think that his ideas work. The intro ends with a note that his rock-star client yelled love to him from onstage. Well, that's good enough for me! Actually, no. It's just another fad diet giving you a proportions of food to eat and a very restrictive calorie program to follow (and remember, you signed up for this, you asked for it, so when you gain weight back and put on more because your body doesn't want to starve to death it's your fault, not his diet!), though the fact that he tinkered with it using himself as a guinea pig made me laugh; all that proves is that it works for him (right now; in a year or less his body will have adapted and it won't work anymore). Using yourself as a test subject does not prove that your diet will do anything positive for me, but that's not what he writes or wants us to believe (pg. 4). Pg. 5 invites us to "Screw the Math" when the only real thing we need to know is that when calories in are less than calories out, we'll lose weight. 5 pages in and I'm wondering if I can read the rest of this idiocy.

Pg. 6 is the page that made me stop, as it's a very dangerous idea he introduces. Harper invites you to, short term, diet on 800 calories a day. Anorexia, anyone? The thing is, impressionable people will read this, try it, lose weight then gain it back (as our bodies are designed to do), and remember that living on 800 calories a day worked short term. Obviously, they lacked willpower. It was their fault, that's why everything in their lives is messed up, maybe if they lived on 400 calories a day? 300? If they lost enough weight people would treat them better and they'd love themselves? ...I'm sure Harper would say that the aim of this book is a quick fix (you mean a 'diet', Bob? One of those things that doesn't actually work?) and that what you need for a sustainable plan is...his other book. This book feeds into paranoia, bad pseudo-science, low self-esteem, celebrity worship and that kind of crap. I wouldn't get it for my library.

Looking for something positive to say I began reading again only to be stopped on pg. 8. Not only does Harper remind us that this is just a diet and if it fails it's because we were the failure, but he tries to tell us where his 800-cal a day comes from. First he justifies his macronutrient ratios by saying it's not just calories in and out, but where those calories come from, when we've all read (or at least heard about) the well-documented Twinkie Diet, where a professor of nutrition at Kansas State at lost weight by eating only

Twinkie-junk food (and a multivitamin), but made sure that the calories in were less than those expended. I'm sure he felt like hell, but he lost 27 lbs, and his garbage-diet was just as valid as this one. Harper is clearly ignorant. Then Harper goes on to say that if we doubt his veracity we should "trust the science" (!!!) and talks a little about VLCDs. Now, considering how long diets have been popular in this country (1920 on), saying that "As early as 1995" means NOTHING, and he again cites some new, cutting edge, currently in progress (read: No Results) study. I know how long it takes to get a study done, reviewed, peer-reviewed and published, but it takes books quite some time to get on the shelf too. Therefore, unless this one was written over a weekend and a few bottles of wine (which would explain a lot), you could do better, Bob. Why don't you cite the CRS (Calorie Restriction Society, begun 'as early as' 1993) or any of their research? Why didn't you talk about what happens to POWs; as related in Hunger Disease? Are you ignorant of that information too? How can we "trust the science" if you then give us no science to trust??? ...On page 9 of 200, hoping I can find something positive to say other than "I like the typeface and the weight of the paper". Didn't find it. I found a lot of dodgy self-justification; if he can't find a tiny, recent study published in an unrelated journal or forum somewhere that he can skew to say what he wants, Harper just says it works for him and his clients. Um, excuse me, Mr. Harper? If your regime really worked, you would have put yourself out of work long ago! ...I'm done being negative, but there is less fact and more crap in this book than you could possibly imagine. Can we sue for Reckless Endangerment or Gross Neglect of thought? This guy has no business writing a book. No way in hell would I subject myself to reading his other book. I might have to read the Volumetrics books again to get this one out of my brain.

Ballantine Books, you can do better. Greg Critser, I can only assume you were blackmailed and told you had to lend your name to this without reading it.

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### **Samantha says**

So you eat 800 calories a day (NOT COUNTING the UNLIMITED veggies you may have), you work out twice a day, and you get to drink coffee? Just for 3 weeks?

You best be dedicated.

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### **Rebecca Ann says**

That was a super fast and enjoyable read. After reading reviews, I noticed many people criticizing this for not being a sustainable weight loss plan. Bob points out many times that this will only work for a focused 3 week timeline and is ONLY for people who are determined to lose weight for an event. It's more like a healthy alternative to people who would otherwise use laxatives or cleanses to try and achieve their goals. After that point you need to ease into his maintainable plan, called Skinny Rules (up next on my reading list). I have no intention of following this specific plan because A-I don't have a big event I need to lose weight for quickly and B- This plan requires a level of intensity I just do not have.

I did enjoy this book, however, because it gives you a lot of great tips to use on a more relaxed, higher calorie plan. It also gives you awesome exercise descriptions and plans, and healthy recipes that look like something I could potentially cook without burning down my apartment. I also really like Bob's narrative voice, which sounds just like him from the BL. I would say this book is heavily weighted towards women, although it does mention men as well.

I'd recommend for people who are looking to prepare for a wedding or beach vacation etc, but not for people who are just trying to get healthy all around. At least, the later people should take it as a guideline.

\*Ok, obviously I hate the title of both these books. Put the word skinny in anything and I find it repugnant. Healthy, fit, trim, even slender are all way more acceptable.

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### **Stephanie says**

Easy diet for non-cookers like me. Kicked my butt, but I'm in week 3 and down 10 lbs!

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### **LadyS says**

I'm not going to rate this book until i have actually tried it what it recommends. Shout to people who rate the book but dont actually try it for themselves! i also see people harping about 800 calorie intake that bob suggests..please, you are allowed to eat as much veggies as you want so you can technically can be eating more!

overall, There is nothing that is new, one just needs motivation. So i'll be back to add to this review!

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### **Meredith Watkins says**

useful tips for jump starting a diet. good recipes too

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### **Christina says**

I am fairly disappointed in this book and in Bob Harper. I am very active, but wanted some ideas to change up my routine and shed a few pounds. My jaw nearly hit the floor when I read that part of the 3-week "jump start" plan was eating 800 calories. Bob adds a caveat to this suggestion by saying that research shows a drastic calorie cut like this isn't unhealthy and weight lost during a cutting period can be maintained.

Bologna, Bob. No human being can function well on so few calories! His assertion that this is healthy is irresponsible, especially coming from a celebrity that so many Americans trust. He mentions he helped a famous musician lose weight with this very plan, and she looked amazing! If this is the way to look skinny like all the celebrities, I think I'll stay average sized! Aside from this, Bob does include some suggestions I found helpful-- he says to drink 16 oz of water before each meal. Doing so has been very helpful for me in feeling fuller and in not overeating later. He also says to have protein with each meal. I like this. The recipes he included are pretty good as an addition to a healthy meal plan. I will definitely try some of these. If you are looking for a good fitness/diet book, I highly recommend Making the Cut, by Jillian Michaels. She gives more detailed circuit information along with pictures on how to do different movements. I found her workouts challenging and intense. She also has recipes and general advice about healthy eating.

