



# **Dr. Shapiro's Picture Perfect Weight Loss Shopper's Guide : Supermarket Choices for Permanent Weight Loss**

*Howard M. Shapiro*

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## **Dr. Shapiro's Picture Perfect Weight Loss Shopper's Guide : Supermarket Choices for Permanent Weight Loss** Howard M. Shapiro

One dry bagel or an English muffin and jam? An envelope of chicken noodle soup or a can of black bean soup? Nationally acclaimed author Dr. Howard Shapiro will help you choose!

This invaluable companion to the best-selling *Dr. Shapiro's Picture Perfect Weight Loss* will lead you straight to the great-tasting brand-name foods you need to help you lose weight for good.

Dr. Shapiro shows you how easy it is to choose healthy foods that you will love-- the ones that fit into your lifestyle, whether you skip meals, eat on the run, or love to spend time in your kitchen. With *Dr. Shapiro's Picture Perfect Weight Loss Shopper's Guide*, deprivation and dieting will become things of the past. You'll never want to go to the supermarket without it!

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