

The Formula: A Personalized 40-30-30 Weight Loss Program By Gene Daoust

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Gene & Joyce Daoust. best-selling authors of 40-30-30 Fat Burning Nutrition, The Formula and a cutting-edge weight loss and sports nutrition

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The formula: a personalized 40-30-30 weight loss

"The Formula" is an easy to understand, easy to follow 40:30:30 cookbook. I like it better now than when we began. I want to personally thank the Daousts for their work.

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Gene and Joyce Daoust are They are two of the original nutritionists who helped develop and test the 40-30-30 zone nutrition program Books by Gene Daoust.

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