

## Re: Jenny Craig

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There are a few eating plans that restrict what items you can eat and don't restrict quantity -- Diet Workshop, I think, and the McDougall and Ornish plans.

Bambi C. wrote:

Honestly, I've always thought it would be easier to just stop eating completely than to retrain yourself to eat properly. I wish there were just "food pills" that you could take in place of meals. Soylent Green, anyone?!?