



**The Petite Advantage Diet: Achieve That Long,
Lean Look. The Specialized Plan for Women 5'4"
and Under.**

Jim Karas

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In *The Petite Advantage Diet*, weight-loss expert Jim Karas delivers a breakthrough lifestyle guide that's already revolutionizing the world of health and fitness: the first book of its kind designed exclusively for women 5'4" and under.

Readers of his *New York Times* bestselling book *The Business Plan for the Body* can testify to how his advice has helped millions of women find their way to fitter, firmer, healthier, and happier lives. Now Jim Karas reveals a program designed for petite women, for whom *The Belly Fat Cure* can't offer a real cure and *21 Pounds in 21 Days* means losing too much too quickly: *The Petite Advantage Diet*.

Achieve that long, lean look—and eat the right foods to feel full fast—with the specialized diet for women 5'4" and under.

The Petite Advantage Diet: Achieve That Long, Lean Look. The Specialized Plan for Women 5'4" and Under. Details

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From Reader Review The Petite Advantage Diet: Achieve That Long, Lean Look. The Specialized Plan for Women 5'4" and Under. for online ebook

Susan says

Here's the great insight from this book: If you're small, you need fewer calories. Eat less. Needless to say, petite women (me included) don't need a specialized diet. The same guidelines that apply to women and men of average or tall stature apply. And, it doesn't take a genius to figure out that a smaller body needs fewer calories. Instead of wasting your time with this, pick up one of the many far better nutrition books available.

Chrissy says

Maybe it's because I read so many books on eating well, but my eyes immediately begin to roll when an author immediately jumps in with the "this is why you're wrong" section. Especially when a book is written for women, I feel that a chiding tone creeps in, and that isn't what anyone needs.

Some things I liked--I completely agree that liquid calories like soda and juice are a total waste of my caloric "bank" for the day. I'm also pro strength training, and he talked about veggies, fruit and good fats--love that! Some things I didn't like--His meal plans, at 1,100 for most days, sounded too restrictive. I am used to seeing plans tailored to people who are taller than I am, so maybe that's why it was a shock, but I'm personally concerned about eating less than 1,200 per day. It sounds too harsh and restrictive. I also have no place in my apartment to use "Gravity straps," and so the workouts were useless. And his anti-cardio stance, although it may be proved out by studies... Mr. Karas, I'm not giving up my half-marathons. Also not eating cottage cheese, egg whites, and turkey bacon (really, nitrates after you finished telling me about processed food?).

Were another petite lady to read this book, I'd tell her it contains some good advice, but if she was even basically competent in nutrition, I'd probably tell her not to bother and read some Michael Pollan instead.

Amy says

I feel like the author has very valid suggestions, and am sure that his plan is probably effective. However the constant name dropping of A-list celebs is very annoying and snobbish. And like every other fitness book I have read in the past--the menus are not possible for everyone. Depending on where you live not everyone has access to fresh seafood or special whole grain items, and not everyone can afford to buy bread that is \$5.00 for a small loaf!

Cindy says

Had more hope for this book. Basically a repeat of what I already know - smaller people need less food.

I agree with a lot of the other reviewers that he seems very full of himself - trying to ride on Oprah's and other famous figures coattails.

There was some laughs and helpful information like calorie cycling that I am going to try but his calorie recommendations are just way too low for my tastes. He even says you will probably lose quite a bit of weight like 4-5lbs a week the first 21 days which to me is just too much. I am looking for sustainable permanent weight loss not gimmicks.

I also don't get how the only cardio he mentions is marathon training...it was a bit extreme.

It took me less than a day to read so while it wasn't the best at least I didn't waste a lot of my time ?

E says

Short girls, don't waste your time and/or money. He just says count calories and exercise...wow, groundbreaking stuff. ;-)

Shannon Morley says

According to Jim Karas I am a kiddie pool and I shouldn't fill said kiddie pool with cake. Fitness!

Juliana Knight says

For the most part, I found this book interested and enjoyable. It gives fantastic recipes, a great eating plan, and simple exercises. However, I disagree with the assurance that you don't need to do cardio to lose weight. While you can definitely do more harm than good with too much cardio, in my own fitness journey, I've only seen dramatic results when I do around 30 minutes of cardio. The fastest way to lose weight is through running, especially if you're trying to tone your legs. But, ultimately, controlled eating is the major part of watching your weight and keeping within a healthy range.

Melissa Henderson says

I know I can never adhere to the 21-day diet, however there's some good advice in here about calorie cycling (two 1100 calories days followed by one 1500 calorie day) to stave off hunger and cravings. I plan to keep some of the healthy recipes, as well as the full-body exercises which I see the buff girls at the gym doing all the time! Even though I think most prescribed diets are unrealistic, this book is worthwhile in better understanding how our bodies work and what it takes to transform it.

Huma Rashid says

Not bad, but the main idea can be summed up like this: you are a small woman, and you can't eat as much as larger people so stop it. Also, go do some strength training.

Also there are some little things in here that run counter to my own experiences with weight loss, so I cannot follow or even believe them.

For one, you cannot tell me that olive oil is in any way bad for me. Adding it to veggies is not a no-no despite however many calories it may have. Let me put it this way: when combined with generally healthy eating, I never looked or felt better than when I drank 2tbsp of olive oil every night. It's wonderful.

Also, what is this low fat milk nonsense? No, thanks: raw, full fat for me, thanks.

I don't trust anyone who advocates the use of artificial sweeteners over fresh natural things like honey. Honey is amazing. I would never ever use an artificial chemical shitstorm over a honeybee's vomit.

And I roll my eyes whenever someone advocates egg whites over normal eggs with yolk. Yeah, no. I trust the chicken way the hell more. Plus the link between blood cholesterol and dietary cholesterol has never been satisfactorily proven. And another thing - if you're eating clean animals sustainably raised, skin and animal fat are NOTHING to be afraid of. Sigh.

So yeah: sound guidelines in general, and I'll be following the general eating guidelines and doing a crapload of Pilates using my body weight for strength training. But I'm not following a lot of the nitpicky things in here.

CharityJ says

This was a cut above most 'diet' books I've read. References lots of research and experience with his clients to back up his theories which made sense to me. Appreciated the factual, no-nonsense yet lighthearted approach of his writing. There are some good insights here and lots of concrete ideas to implement when following this plan. There's a whole section on exercises that require specific equipment. Unless you've got that equipment you wouldn't be able to do them but some could be adapted without the equipment, like lunges and squats. There were quite a few takeaways for me and I thought this seemed doable. I'd recommend this to readers looking for a doable nutrition plan.

Melody says

your basic diet book...lots of introduction and author resume with the constant "read more to find out" ..boils down to count calories and exercise...damn.

Angie crosby says

I wasn't impressed with his reasoning behind cardio being a no-no. Seems just like almost everything else- if you only mention some studies and certain things you can make anything seem to be the answer.

I think he has a few good points, though most of them I follow already. I don't do diets as they don't work for me. I just stick in my calorie range and exercise. I've lost 80 pounds. Including both cardio and strength training. They both work for me. I'm 5'1"

Amy says

Absolutely nothing ground breaking in this book - eat your veggies and strength train. There, now you don't have to read the book! Besides, you'll get more out of a book written by a doctor, nutritionist or physical trainer than this hack - his only degree is in business, and his only claim to fame is working with Oprah (gag!) and a few other celebrity types. Get your fruit and veggies, drink water and strength train - and you'll be good.

Nicole says

Karas starts the book by telling you everything he's going to tell you. He also tells you over and over how great he is. Next, he goes over all the stuff you've ever read in every other diet/nutrition book. He finally presents his meal plans and they full tons of fish and egg white omelets and way too few calories, even for petites. (He gives the formula for basal metabolic rate [BMR] for various activity levels. By his calculations, because I am active, if I eat about 2000 calories a day, I'll maintain my weight. He then expects me to eat only 1100 calories a day. This is just too low and would put my body into starvation mode. 1500-1600 calories is safer and would lead to weight loss. So, I wonder, why does he even bother to give the BMR calculator?) Here's the real head-scratcher: he tells readers that cardiovascular exercise is a waste of time and actually leads to weight gain. His proof? His earlier book, The Cardio-Free Diet, and studies that compare marathon runners with sedentary people. Really? Marathon runners? The book was very gimmicky and if I see one more exclamation point, I might scream. All I got out of this book is the fact that Jim Karas thinks an awful lot about himself. Skip this dud.

Lisa says

I felt like this book was a lot of general knowledge about weight loss. It was also a big advertisement for the author's 4 other books about weight loss. He preaches throughout the book about NOT doing any sort of cardio and when you finally make it to the end of the book to find out what exercise he'd like you to do, it involves buying and installing something called Gravity Straps. No matter what he says, lacing up my tennis shoes will always be easier, cheaper and just as great as buying and installing a piece of equipment. Why not give some other exercises that could also be done instead of pages and pages of Gravity Strap instructions, complete with pictures? His eating plan also requires a separate shopping list for just the petite person in the household. Not going to happen with 3 young children in my house to also cook for.

One big thing that bothered me in the book was when he mentioned one client who was addicted to Pepsi and was apparently overweight from the consumption of quite a bit of it. No big deal on poo-pooing the drinking of Pepsi and other sodas (I think all of us realize that that's just extra un-needed calories), but when said petite wouldn't give up her Pepsi, she remained plump. And then he says that her husband left her a couple of years later because of it. Seriously? He can say for certain that her weight caused her husband to leave her? Playing on people's fears is what I read in there. "Follow my plan and your spouse won't leave you like this guy did." That made me discredit what he'd already said up to that point because how much else was

just said to make me fear something else?
