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He also promotes the no breakfast plan which I have started to follow as I had read about the benefits health wise of allowing your body to rest from constant digestion of food in order to heal itself. I also want to maintain a healthy weight and find this plan the easiest and much the most sociable as you don't skip lunch but breakfast.

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The Breakfast-Free Meal Program is designed for those on tight schedules, who want to get lean but don't have the time or inclination to prepare multiple meals each day. If this describes your situation, breakfast-skipping is an effective way to lose bodyfat.

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His sequel The No-Breakfast Plan and the Fasting Cure (1900) was very successful with the public. By 1921 it had gone through three editions and was translated into French and German. Dewey argued for people to completely abstain from breakfast, and only consume two meals per day.

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