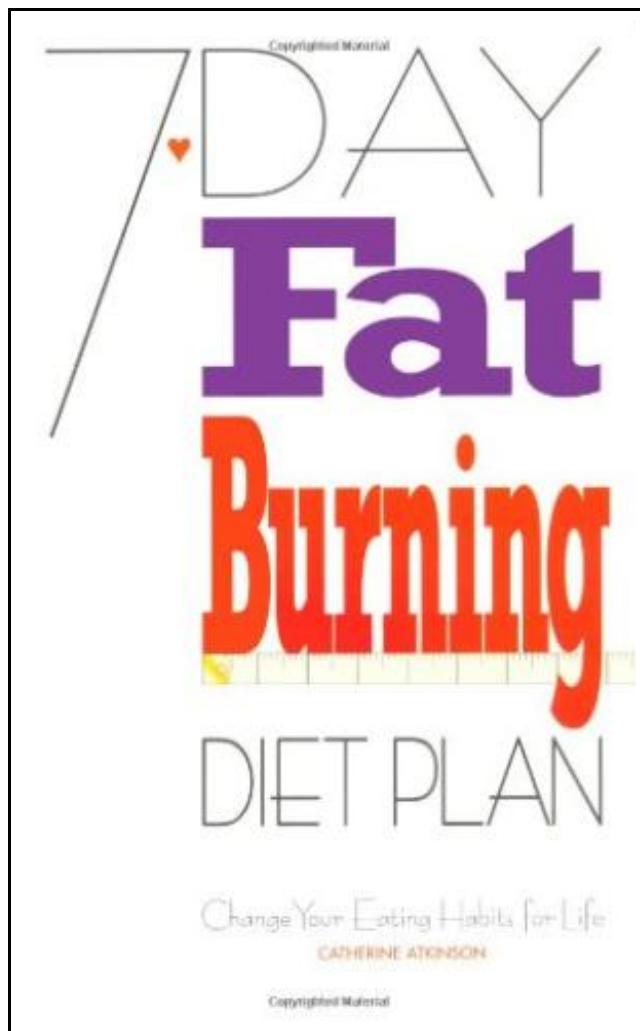


## 7 Day Fat Burning Diet Plan



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W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, 7 Day Fat Burning Diet Plan, Catherine Atkinson, Most of us, most of the time, wish we could lose a bit of weight. The figures show that in the West virtually 50 per cent of the adult population is actually overweight-and that one in three women and even one in five men is on a diet at any one time. But what kind of diet? Too many people, it is to be feared, are slavishly following faddish systems that make unrealistic demands on the body, whether in terms of nutritional balance or paucity of taste. Further, most extreme low-calorie diets will only produce temporary (and often unhealthy) weight losses due to the fact that your body is retaining less water: start eating normally again and the weight will come right back. It's only common sense that what the weight-conscious majority need is an eating plan that works for life - that doesn't make grandiose claims about shedding 10 pounds in 10 days but provides an appetising menu of culinary variations that gets your body regularly eating the right nutrients in the right amounts - so you head inexorably for your right weight. This book aims to do just that. It's founded on the crucial principle of combining carbohydrates, proteins and fats in the correct proportions so as to maximise the body's fat-burning potential without compromising on good nutrition. After a friendly explanatory introduction, there are over 100 recipes for all occasions, and a 7-day menu to get you started. Reassuringly, many of the dishes here are fat-burning versions of old favourites so you needn't lose all your old culinary friends just because you want to lose weight.

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