

Food For The Fast Lane Recipes To Power Your Body And Mind

[#fast lane food](#) [#power recipes](#) [#healthy energy meals](#) [#brain food recipes](#) [#busy lifestyle nutrition](#)

Fuel your demanding life with our collection of 'Food For The Fast Lane' recipes. These quick, nutritious meals are specifically crafted to power your body and mind, ensuring sustained energy, sharp focus, and optimal performance throughout your busiest days. Perfect for anyone seeking healthy, delicious solutions without compromising on time or quality.

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Food for the Fast Lane – Recipes to Power Your Body and Mind

Want to enjoy delicious food that fuels your body, gives you energy and powers your performance? Derval O'Rourke is one of Ireland's greatest athletes. She likes to eat and train, not diet and exercise. After devising a nutritionally balanced training menu with peak performance in mind, she gained boundless energy and a better ability to focus, both on and off the track. Here in Food for the Fast Lane she reveals the tasty and nutritious recipes that helped her reach her goals as a professional athlete. A food lover and fitness fanatic, Derval's cookbook contains 100 recipes for main meals and snacks as well as nutritional advice, motivational encouragement and training tips to be used every day to power your body and mind – on and off the track. Everything is intertwined. Cooking and eating well are vital for a happy, healthy life, and what you put into your body determines how you live and feel. So get ready to discover Derval's theory for yourself: goodness in = greatness out. Eat like an athlete; perform for your life. Praise for Food for the Fast Lane 'I'm so impressed with the taste of Derval's dishes – they're really fabulous and I can see how healthy and energy-giving they are.' Rachel Allen, The Sunday Independent.

Food for the Fast Lane

"Derval O'Rourke is one of Ireland's greatest athletes. She likes to eat and train, not diet and exercise. After devising a nutritionally balanced training menu with peak performance in mind, she gained boundless energy and a better ability to focus, both on and off the track. Here she reveals the recipes that helped her reach her professional goals. Everything is intertwined. Cooking and eating well are vital for a happy, healthy life and what you put into your body determines how you live and feel"--Publisher's description.

The Fit Foodie

Derval O'Rourke believes that the secret to being your healthiest happiest self is to eat well and keep moving. Derval discovered the importance of nutrition as an elite athlete. After a poor performance in

the 2004 Olympics she learned about food, fell in love with cooking - and then won a world title in her sport, hurdling. She believes eating well made all the difference to her form. Now that Derval is retired from athletics and is a busy young mum, her focus is on fitting exercise and healthy, pleasurable eating into a hectic schedule. The Fit Foodie is full of simple, delicious and totally doable recipes such as Laid-Back Lamb Tagine, Mediterranean Salmon and Spaghetti, Butternut and Bean Stew, Almond, Hazelnut and Pine Nut Bread and a stunning Chocolate Fondant Cake. Derval also shares smart and inspiring advice on how to get organised so that good food and exercise are a seamless part of your life.

Detox: The Lazy Person's Guide!

Based on the simple principle of detoxification as a means of cleansing your system, the dynamic, natural techniques in Detox: The Lazy Person's Guide! will give you a fitter body, a clearer mind and higher spirits. Author Belinda Viagas offers the simplest of rules to guide your detox, tailor-made to your individual needs, telling you what to eat, how to prepare it, and what to avoid. A series of easy exercises will further boost your circulation and stimulate your immune system. The Lazy Person's Guide! is a series of popular, cheerful yet thoroughly grounded, practical and authoritative books on various health issues and conditions. Other titles in the series include Beating Overeating, Exercise, Improving Your Memory, Midlife, Quitting Smoking, Self-esteem and Stress. Other books by Belinda Viagas include the Detox Diet Book, Natural Healthcare for Women and The Pocket A-Z of Natural Healthcare. Detox: A Lazy Person's Guide!: Table of Contents Introduction - Why Detox? Food as Medicine The Effects of Stress Diet and Stress The Benefits - How to Detox Working with Foods Adding Herbs Following the Seasons - Getting Started Targeting Your Detox Preparation meals - Your Detox Plans One-Day Detox Two-Day Detox Four-Day Detox Week-long Detox The Original Detox Diet - Recipes Salad Dressings Salads Soups Sweet Things Cooked Meals - Back-up Information - Cleansing Techniques Brushing Well Dry Skin Brushing Massage Exercise Hydrotherapy - Clearing Your Mind Affirmations Visualisations Meditation - No Time to Detox - Detox Your Life A Personal Audit Practical Steps New Things Resources and Reading Guide Further Reading Finding a Practitioner Contacts

The Dream and Drive D.I.E.T. Program

The Dream and Drive D.I.E.T. program focuses on the benefits of Intermittent Fasting with the freedom of Intuitive Eating. If you have been on a diet rollercoaster, hit plateau after plateau or suspect you may have food intolerances, then the Dream and Drive Program may be just what you've been searching for. In this program, D.I.E.T. means "Do I Enjoy This?," so we don't only address losing weight, but FEELING GREAT in the process! We teach you how to tap into the power of your intuition to see which foods work for you or against you when it comes to your weight. We also give you 4 choices: The FAST LANE, CRUISE CONTROL, EASY STREET or THE FREEDOM TRAIL that you can mix and match depending on where you are in your journey. If you are sick and tired of food rules, making the food behave, being disconnected to your body or just want to learn more about what works for you, then its time to get in your driver's seat and create the body and life you love...are YOU ready to Dream and Drive? Buckle up, I'll show you how! This book is a compilation of two of my favorite philosophies on health and weight loss. I respect the authors of the original work, therefore, I chose not to reinvent the wheel, but to combine the two philosophies into a program that I teach in my private practice. It includes a list of foods that commonly cause inflammation and weight gain, what questions to ask yourself before you pick up your fork and daily practices on how to combine the two bodies of work that will streamline your success and keep you in the Driver's Seat of your journey. Happy Trails! Dr. Kelley

The 5:2 Diet

Discover the power of intermittent fasting—a way of eating that's sustainable, flexible, and beneficial to both body and mind. Intermittent fasting is the quickest and healthiest way to lose weight—and keep it off. With The 5:2 Diet, you can eat all your favorite foods for five days each week as long as you limit your caloric intake to 500 calories on the other two days. For anyone who has struggled to shed pounds, this approachable, motivational program makes it easy to: • Slim down naturally • Increase energy • Reset your metabolism • Heal your body on a cellular level Full of firsthand testimonials from successful dieters so you can find the best way to tailor the technique and make sure it works for you, The 5:2 Diet also provides meal plans and recipes to keep you on track as you slim down, stay healthy, and fight the onset of cancer, Alzheimer's, diabetes, and heart disease.

Food That Is on Point

So, you are getting ready to make a change...FANTASTIC! To make change, you need inspiration, not motivation! Our intention in compiling this fantastic book of healthful recipes is to inspire you to be and become more creative with your healthful eating. It is amazing how quick, easy, and fun healthful eating can be if you have the right inspiration. All the recipes in this book create a synergistic anti-inflammatory, low-glycemic index lifestyle which will enable your body to look and feel healthier and more youthful. People always say, "Change is Hard." But in our experiences with thousands of clients, change is easier if you have all the tools, inspiration and the right mindset to put those tools to work. As for Wendi Francis who is a Registered Dietitian and Nutrition Therapist working in my private practice and weight loss business for the last 25 years plus, we have been able to help thousands of people make the change necessary to live their most healthful life. A life that was meant to be lived instead of a life that was dull, dreary, painful or maybe even emotionally dead. That is not life. Life, in a healthful body and mind can be lived, enjoyed and celebrated. That is our intention in putting together these recipes. We want you to have a tool to put in your toolbox to help you live an inspired, celebrated and joyful life. A life in which you feel connected with yourself and others. A life in which your body does not hurt, ache or suffer from disease. A life in which you can feel joy. A life that you live and feel ALIVE in your body and your minds. Many people continue in their unhealthful eating patterns because of habit or emotion. Breaking those patterns by eating different foods in different ways can be the first step in breaking those old, unneeded patterns. Patterns in your diet, dictate your physical and for many, your emotional health. Patterns have the power to create a new you and destroy the old one. By using these recipes, you enable yourself to change your old patterns, recreating yourself to find a more vibrant, more healthful you. By changing your eating patterns and foods, you will not only improve your body and lose weight, but you will also feel better mentally and emotionally. Don't be a statistic! Currently, the CDC reports that 76 million people in the United States are obese. That is more than the population of California, Oregon, Washington State, Arizona, Nevada, Idaho and New Mexico combined. Being obese is defined by a BMI greater than 25 and increases the risk of diabetes 20 times and the risk of heart disease by 32%. Furthermore, a review of 15 studies published in the Archives of General Psychiatry found that obese people have a 55% higher risk of developing depression. The list of these statistics can go on, but it is evident that obesity is on the rise in the United States. Furthermore, we know, scientifically, that obesity contributes to specific disease states like diabetes, heart disease, cancer, and stroke. We can also see the significant effect that being overweight can have on your mental health. In our professional experience, we can absolutely say, this is all true. Isn't it time to change? Right now! Today! Get Inspired and Get Started! We know you can do this. Enjoy the process of making this change and continue to Uncover Your Best You!

The FastLife

From Dr. Michael Mosley, the author of The 8-Week Blood Sugar Diet, comes a comprehensive volume combining the #1 New York Times bestseller The FastDiet and his results-driven high-intensity training program FastExercise for the ultimate one-stop health and wellness guide that helps you reinvent your body the Fast way! Eat better and exercise smarter than you ever have before. Dr. Michael Mosley's #1 New York Times bestseller The FastDiet gave the world a healthy new way to lose weight through intermittent fasting, limiting calorie intake for only two days of the week and eating normally for the rest. In FastExercise, Mosley dispensed with boring, time-consuming fitness regimens to demonstrate that in less than ten minutes a day, three times a week, you could lose weight, lower blood glucose levels, reduce your risk for diabetes, and maximize your overall health. Now, in The FastLife, Dr. Mosley combines the power of intermittent fasting and high-intensity training in one must-have volume that offers a complete program to radically bolster your health while not depriving you of the things that you love. In this book, you will find: -More than forty quick, easy fast day recipes -Revealing new insights into the psychology of dieting -The latest research on the science behind intermittent fasting and high-intensity training -A variety of simple but effective exercises that you can adopt into your weekly routine -Calorie charts and other data to help you plan your daily regimen -Dozens of inspiring testimonials The FastLife is a practical, enjoyable way to get maximal benefits in minimal time, a sustainable routine that will truly transform your mind, body, and spirit.

10 Day Green Smoothie Cleanse

The Best 10 DAY GREEN SMOOTHIE CLEANSE for Weight Loss The wonderful thing about The Green Smoothie Cleanse is that it just marks the beginning. It's a first step towards change for those of us

who hated vegetables and weren't real big fans of fruit either. There's no better reason to moan and groan about wanting to change. There's about a hundred really healthy, life-giving, and tasty reasons to begin that change. You have to be ready to take the action associated with getting to your goal. Taking action always begins with the end in mind. The Green Smoothie Cleanse is not difficult. It doesn't entail huge amounts of self-control and boundless will power. You won't drastically reduce your food intake and starve your body of calories. You won't feel hungry, tired, and exhausted. In fact, reducing your intake until you feel deficient runs exactly counter to man's instinct to survive. Setting an individual goal will provide you a reason and help you stay on course. Before you begin, ask yourself where you want to go with this. Write it down. If you want to be healthier, be specific. Some people may want to lower their blood pressure. That's an excellent goal and The Green Smoothie Cleanse is a great way to do just that. Some people are just tired of eating junk and want to work at introducing more fruits and vegetables into their diet. That's a fantastic goal. Others remember a younger, healthier self back before their busy lifestyles necessitated endless loops through the fast food windows and they want a way out of life in "the fast (food) lane." With so many reasons to begin The Green Smoothie Cleanse, being clear about your specific goal helps you to adequately address the challenges ahead. The good news is that this book will help you detox your body, lose weight sustainably, get back to your natural shape and have good health like a person in their twenties. Are you ready to dig deep into the Green Smoothie Cleanse World? Then, go ahead, scroll back up now and hit the BUY button

The Overnight Diet

The Overnight Diet is the world's first medically proven diet to produce instant, lasting results. You will lose up to 2 pounds the first night, 9 pounds the first week, and continue your weight loss. Now Caroline Apovian MD., leading expert and authority on nutrition and weight management, brings you the diet that has helped thousands of her patients lose weight- and keep it off. Dr. Apovian's specially formulated 1-Day Power Up jump-starts your fat burning and weight-loss overnight, then the 6-Day Fuel Up keeps your body in fat-burning mode while offering you a bounty of tasty food options, including hamburgers, peanut butter, even chocolate! No food is off limits. Plus all-you-can-eat fruits and vegetables. The Overnight Diet achieves lightning-fast weight loss, burns fat not muscle, reduces water retention and bloating, staves off hunger pangs, and prevents plateaus. This is the ultimate blueprint to slim down, and lose the weight you want, whether its 5 pounds or 50 pounds! The Overnight Diet developed by a renowned medical doctor has been proven safe and effective. It is the only weight-loss program that: Is formulated for rapid weight loss that you'll keep off once and for all Revs up your metabolism to burn more fat faster Let's you eat your favorite foods-and still lose pounds and inches Turns off the genes that caused your weight gain Lets you exercise less while burning more fat Boosts your levels of HGH, the body's natural flab fighter Reduces your risk of diseases like heart disease, type 2 diabetes, and cancer

Fuel Your Body and Mind: The Power of Healthy Eating Habits

Are you tired of feeling sluggish and low on energy? Do you struggle to maintain a healthy diet because you think it's too restrictive or difficult? Look no further than "Fuel Your Body and Mind: The Power of Healthy Eating Habits." This book is not about strict diets or depriving yourself of the foods you love. Instead, it's about learning how to eat intelligently and make smart food choices that will benefit your overall health and wellbeing. With this book, you'll gain a solid understanding of the basics of nutrition and how to apply them in a way that works for you. Eating healthy isn't just about what you eat, but also how you eat it. By adopting healthy eating habits, you'll reduce your risk of developing chronic diseases like heart disease, cancer, and depression. Plus, you'll notice an increase in energy, improved memory, and a more stable mood. This book will teach you how to increase your selection of healthy foods and plan ahead to create and maintain a satisfying, intelligent diet. Say goodbye to feeling tired and sluggish, and hello to a healthier, happier you. Start your journey to better health and wellness today with "Fuel Your Body and Mind: The Power of Healthy Eating Habits."

The Body Reset Diet

With so many crazy and extreme diets on the market, it's hard to know what to eat and how to maintain a healthy regime. We have lost our way when it comes to diet and succumb to extreme measures that promise short term rewards. In spite of our extreme attempts to get in shape, we are still unsatisfied with how we look. The Harley Plan puts an end to these extreme behaviours that are making us fat and tells you exactly how to achieve your best physique in just 15 days. Get ready to press the proverbial

'reset' button on your metabolism and exercise regime and prepare to revise your entire outlook on health. The Plan is comprised of three phases, each lasting five days. Weight loss begins on day one of 'Phase I' and in all three phases, you will eat five times daily - thus igniting your metabolism to run more efficiently. Furthermore, the plan will show you how to make simple, healthy meals that can be prepared in less than five minutes. Finally, you'll learn just how easy it is to exercise an optimal amount, so as not to trigger your appetite. It is so simple and you'll be able to maintain this program for the rest of your life. In just 15 days, you will lose weight with ease and can expect to lose 5 inches in just 5 days.

Thought Has No Calories

Transform the way you think, speak and act at mealtime! Thought Has NO Calories dissolves body weight struggles once and for all. Use the power of the human mind to discover life's secret recipe, and shift your motives about what (and how) you eat to achieve success today. Learn...the 5 ingredients of Creative Word!...the 10 perspectives for empowerment and peace!...And proven life-altering techniques to help make your fitness goals reality! Don't take this journey alone. Lambert can help you move beyond diet and gain the knowledge and tools you need to heal your body weight problems for life. Like countless clients before, learn how you too can create the purposeful mindset you need to succeed!

2 Weeks in the Super Fast Lane

Do you need to lose weight fast before a special event or when a holiday is looming? Look no further than this fat busting, waist-shrinking, delicious and satisfying diet to shave inches of your waist, bum and belly in super quick time. The revolutionary 4 day 'seesaw strategy' focuses on ensuring you don't go hungry, bloating and digestive issues become a thing of the past and to ensure cravings don't invade, hot buttered toast and a daily chocolate fix are actively encouraged! Whether you only have a few days or can manage a week or two, this diet has super fast fat loss covered.

Nourish Inspired Eating

So, you are getting ready to make a change...FANTASTIC! To make a change, you need inspiration, not motivation! Our intention in compiling this fantastic book of healthful recipes is to inspire you to be and become more creative with your healthful eating. It is amazing how quick, easy, and fun healthful eating can be if you have the right inspiration. All the recipes in this book create a synergistic anti-inflammatory, low-glycemic index lifestyle which will enable your body to look and feel healthier and more youthful. People always say, "Change is Hard." But in our experiences with thousands of clients, change is easier if you have all the tools, inspiration and the right mindset to put those tools to work. As for Wendi Francis who is a Registered Dietitian and Nutrition Therapist working in my private practice and weight loss business for the last 25 years plus, we have been able to help thousands of people make the change necessary to live their most healthful life. A life that was meant to be lived instead of a life that was dull, dreary, painful or maybe even emotionally dead. That is not life. Life, in a healthful body and mind can be lived, enjoyed and celebrated. That is our intention in putting together these recipes. We want you to have a tool to put in your toolbox to help you live an inspired, celebrated and joyful life. A life in which you feel connected with yourself and others. A life in which your body does not hurt, ache or suffer from a disease. A life in which you can feel joy. A life that you live and feel ALIVE in your body and your minds. Many people continue in their unhealthful eating patterns because of habit or emotion. Breaking those patterns by eating different foods in different ways can be the first step in breaking those old, unneeded patterns. Patterns in your diet, dictate your physical and for many, your emotional health. Patterns have the power to create a new you and destroy the old one. By using these recipes, you enable yourself to change your old patterns, recreating yourself to find a more vibrant, more healthful you. By changing your eating patterns and foods, you will not only improve your body and lose weight, but you will also feel better mentally and emotionally. Don't be a statistic! Currently, the CDC reports that 76 million people in the United States are obese. That is more than the population of California, Oregon, Washington State, Arizona, Nevada, Idaho and New Mexico combined. Being obese is defined by a BMI greater than 25 and increases the risk of diabetes 20 times and the risk of heart disease by 32%. Furthermore, a review of 15 studies published in the Archives of General Psychiatry found that obese people have a 55% higher risk of developing depression. The list of these statistics can go on, but it is evident that obesity is on the rise in the United States. Furthermore, we know, scientifically, that obesity contributes to specific disease states like diabetes, heart disease, cancer, and stroke. We can also see the significant effect that being overweight can have on your mental health. In our professional experience, we can absolutely say, this is all true. Isn't it time to change? Right

now!Today!Get Inspired and Get Started!We know you can do this. Enjoy the process of making this change and continue toUncover Your Best You!

Total Body Diet For Dummies

Develop your own personal weight loss plan based on sound expert advice Total Body Diet for Dummies is your expert-led guide to losing weight — and keeping it off — the healthy way. It's easy to fall into the trap of fad diets with their promises of fast results and little effort, but fad diets are often ineffective at best, or downright dangerous at worst. This book gives you the benefit of expertise instead, putting Academy of Nutrition and Dietetics guidelines right at your fingertips. You'll learn why physical activity, calorie counting, and psychological support are the cornerstones of successful and lasting weight loss, and why you should track your food intake, exercise, and sleep. You'll learn all about the various tools that can help you reach your goals, including mindful eating, wearable technology and mobile apps, and how to choose the right ones for you. Written by a registered dietitian nutritionist, these easy-to-follow and simple-to-apply tips will help you develop a customized weight loss plan without upending your day-to-day life or breaking your budget. Conflicting guidance and questionable sources can make it that much harder to lose weight successfully without the help of a knowledgeable professional. This book cuts through the noise to bring you real guidance based on real research, with true expert advice to help you: Lose weight for good in a mindful way Become lean, strong, and healthy Stay on track with wearable tech Feel better and get energized Losing weight is not about 'magical' foods or self-deprivation. It's about your overall pattern of food intake, and most foods can fit into a healthy pattern in moderation. You just need to learn how to do it mindfully. Total Body Diet for Dummies is the supportive, informative guide you need to get right on track to a healthier you.

The Mind Diet

MIND Diet features: A 5-step MIND plan Incorporate the MIND diet into your lifestyle with a beginner-friendly 5-step plan, help on stocking your kitchen, meal planning guidance, and more. Tools to stay organized Stay on track with an easy-to-follow meal plan, shopping lists, food trackers, and advice for long-term success. Quick, easy recipes Make it simple to boost your brain health with the 30-minute recipes, 5-ingredient recipes, one-pot recipes, or no-cook recipes in this MIND diet cookbook.

The Belly Fat Cure Fast Track

For years, fad diets and infomercials have overwhelmed you with unrealistic-and often unsafe-methods for losing belly fat quickly. It's time to know the truth. Avoiding hidden sugars-not calories-is the true key to weight loss. Combining this discovery with the burn-boosting power of the Ultimate Carb Swap, you will lose up to 14 lbs. in the first 14 days. This doctor-approved, science-based solution includes yummy foods such as cookies, pancakes, burgers, and even wine. So if you are ready to cure belly fat super fast with foods you already have in your kitchen, dig in!

Super Shred Diet Recipes

What You Will Find In This Book Fifty delicious “super SHRED” diet recipes that will make the whole program seem even more amazing and easier to follow. The recipes are grouped in five categories according to their main ingredient. These include chicken, beef, lamb, seafood, and vegetables. Super SHRED diet plan is the next generation fast weight loss program designed by Dr. Ian Smith, a world-renowned physician, researcher, and bestselling author. SUPER SHRED diet plan allows you to quickly get in shape within weeks, without compromising the integrity of your body. The central component of the super SHRED diet plan is its flexibility. It lays a plan of action, the timings of food intake, the important foods that must be taken, and the foods that are not allowed. How you cook them is left completely to you. The 50 different recipes that you will find in this report have been selected or designed to keep you EXACTLY ON TRACK with the super SHRED diet plan. Henceforth, you can lose weight, get in shape, and remain healthy without compromising on your sense of taste.

Best Blender Recipes For Weight Loss

This is a 2 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 2 titles: Book 1: 16 Blender Recipes For Smoothie Diet & Detox Diet Book 2: Smoothies Are Just Like You! When Juliana got started with smoothies, she was able to shed 20 pounds during a period of 2 month. Since then she has been able to keep that weight off. Her secret: She turned these nutritious and satisfying

drinks into a way of life. Combining smoothies and a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing and Asthma problems at the same time. Consuming a combination of these fruit smoothies and vegetable smoothies will help your body get rid of sick making toxins, boost your vitality and energy, get rid of nasty body conditions like Asthma, rejuvenate your body, provide your body with a natural immune system, detoxify and clean your body, turn your body into a lean body, shed pounds, and more. Inside you'll get: * Purple Power Booster * Mango/Papaya Protein Booster * Strawberry N'Creams and many more... These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean and clean body in a truly satisfying way. "Smoothies Are Like You" is an extremely fun, quick & easy to read little rhyming book about the amazing Smoothie Lifestyle. It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer. This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy & healthy smoothie lifestyle in a fun, inspirational and rhyming way! In the end you'll know exactly why Smoothies are like you! Live a happy & healthy lifestyle and double your life today...

Fast Metabolism Diet

Use These Powerful Fast Metabolism Diet Recipes Immediately To Achieve Your Dream Body And Health Today! This book has lots of actionable information on how to supercharge your metabolism naturally to lose weight rapidly. Losing weight can seem like an impossible feat when all you hear is eating less calories and spending hours upon hours at the gym to burn those love handles and potbelly. Do you get frustrated that you cannot burn as much fat as you would want to burn even when you engage in physical activities? Well, if you are, then this book is what you need, as it will introduce you to a natural and subtle way of losing weight. Think about it; wouldn't it be great to have your body to actually help you to burn fat even while you are asleep? Are you wondering how you can turn your body into an efficient fat burning machine that will help you to burn fat rapidly? If that's the case, this book will show you exactly how to go about it. You will learn how to do that by boosting the body's energy demands (without necessarily engaging in exercise) so that you create the much needed calorie deficit that you need for weight loss. And the good news is that we will do all that with diet! In simple terms, what you eat is what will turn on the body's metabolism on overdrive! Here Is A Preview Of What You'll Learn... Fast Metabolism Diet: An Overview How To Follow A Fast Metabolism Diet Specific Guidelines For Each Phase Recipes Much, much more! What are you waiting for? The smartest investment you could possibly make is an investment in yourself, your future and your HEALTH.

Intermittent Fasting Diet

Intermittent fasting can provide significant health benefits if it is done right, including weight loss, reversal of type 2 diabetes and many other things. Plus, it can save you time and money. It is important to realize that this is normal and humans have evolved to fast for shorter time periods - hours or days - without detrimental health consequences. Body fat is merely food energy that has been stored away. If you don't eat, your body will simply "eat" its own fat for energy. Life is about balance. The good and the bad, the yin and the yang. The same applies to eating and fasting. Fasting, after all, is simply the flip side of eating. If you are not eating, you are fasting. In essence, intermittent fasting allows the body to use its stored energy. The important thing to understand is that there is nothing wrong with that. That is how our bodies are designed. That's what dogs, cats, lions and bears do. That's what humans do. If you're eating every third hour, as is often recommended, then your body will constantly use the incoming food energy. It may not need to burn much body fat, if any. You may just be storing fat. Your body may be saving it for a time when there is nothing to eat. If this happens, you lack balance. You lack intermittent fasting.

The Powerhouse Diet

THE FASTEST WAY TO ACTIVATE YOUR FAT-BURNING HORMONES. We all know how easy it is to gain weight. Well, do you know it's just as easy to lose weight? Well, it is. All you have to do is learn to listen to your body. How? Intermittent Fasting. A Short Preview ... * What Intermittent Fasting is * The benefits of Intermittent Fasting * Transform your body into a lean, fat-burning machine * How to implement Intermittent Fasting in your lifestyle * And much, much more Are you ready to find the real you? Well, stop procrastinating and get on The Powerhouse Diet. It's time to start listening to your body and take control of your life.

One Hour Power Diet

A simple principle that can start you on the path to better eating for a lifetime. Awareness is the key to change—and changing your habits is the proven method for long-term weight loss, improving and maintaining your health, and getting your body back in balance. As a surgeon, Cliff Thomas brings decades of wisdom and experience to this helpful guide that aims to put you back in control. The type and volume of foods you consume, and the frequency of your eating, affects how you feel and perform every day. By teaching you how to listen to your body and the messages it sends you, One Hour Power Diet gives you a new level of awareness—and a game-changing perspective that can transform the way you think, feel, and eat.

Leptin

Over 25 healthy recipes from an experienced chef included in this book! After reading this book, you will know how to nourish yourself properly instead of how other people want you to eat. You will become your very own chef and nutritionist and by the time you start cooking out of "The Hunger Effect, Leptin and Its Resistance"

The 5:2 Diet

Fast Your Way To Accelerated Weight Loss & Ultimate Vitality! Over 350+ Delicious Breakfast, Lunch, Dessert & Snack Recipes & One Full Month Meal Plan included in this Book! Introducing the REVOLUTIONARY 5:2 Diet Plan... Why use the 5:2 Diet Plan? Time and Time again, scientific studies prove that people who fast regularly lose weight faster than people on regular diets. Why? Because Intermittent Fasting shifts your metabolism into a Hyper-Accelerated Fat Burning State. Your body adapts and automatically starts to become more efficient with food. The Result? A Slimmer, Healthier you within weeks, if not days! This book will use a step-wise approach to take you through the 5:2 Diet and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipe, so you can keep track of your calories & macro's on your FAST DAYS. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. Think of the 5:2 Diet like pushing the 'reset' button with your overall health, relationship with food and your lifestyle habits. Take A Look Inside... Ancient Healing For Modern Man What is the 5:2 Diet? What Should I Eat On Fast days? Cleansing: Preparing the Body to Fast 1 FULL MONTH Meal Plan Some of the Profound Benefits You will Experience on the 5:2 Diet Plan: Accelerated Fat Loss Increase Energy Levels & Vitality Appetite Control Improved Mental Focus Stabilised Blood Sugar Levels Lower Cholesterol Hormonal Balance Prevention of Cancer, Alzheimer's & Heart Disease Here's A Sneak Preview Of The Easy-to-Prepare Recipes you will find in this book: Lemon Cheesecake Breakfast Mousse Berry Breakfast Shake Cacao and Raspberry Pudding Coco and Blueberry Smoothie Creamy Chocolate Milk Blueberry Almond Smoothie Fast Protein and Peanut-Butter Pancakes Guacamole Bacon and Eggs Breakfast Hemp Muffins with Walnuts Mediterranean Pecorino Romano Breaded Cutlets Oriental Garlicky Chicken Thighs Pordenone Cauliflower Lasagna Roasted Lemony Chicken & Prosciutto with Brussels sprouts Roquefort Spinach, Zoodles and Bacon Salad Sour Avocado and Chicken Moussaka Spicy Italian Sausage and Spinach Casserole Squash Spaghetti Lasagna Dish Slow Cooker Thai Fish Curry Smoky Pork Cassoulet Sage and Orange Glazed Duck Tartar Cookies Strawberry Pudding Minty Avocado Lime Sorbet Morning Zephyr Cake Sour Hazelnuts Biscuits with Arrowroot Tea Wild Strawberries Ice Cream Mini Lemon Cheesecakes Chocolate Layered Coconut Cups Pumpkin Pie Chocolate Cups Fudgy Slow Cooker Cake Easy Sticky Chocolate Fudge Over 350+ Amazing Recipes, One For Every Day of the YEAR! Purchase this book at its Lowest price and make your Weight Loss journey Effortless!

Juicing Recipes: 100+ Delicious and Nutritious Green Juicing Recipes That Trim and Slim

Take Your Journey to Amazing Health to New Heights with this Fantastic Collection of 100 Green Juice Recipes That Trim and Slim! Are you ready to incorporate more healthy vegetables and fruits into your diet, but not quite prepared to chew your way through endless plates of fiber-filled produce? Discover how getting the best nutrition possible can be delicious, simple, and incredibly quick, all with the help of a basic juicer and this fresh batch of 100 mouthwatering, nutrition infused recipes. Start Reaping Healthy Rewards from the Start! In each section of this easy-to-follow book, you'll find specific recipes broken into ten different categories addressing many daily challenges most of us face on a consistent basis. Dealing with mental fog or feelings of fatigue? Liz Swann has you covered. No matter who you are

or what challenges you're facing, you'll find easy solutions within these information-packed pages. Here Are Just A Few Of The Amazing Benefits You'll Recieve From Drinking The Juices Inside... -- Safe and natural weight loss, no gimmicks required. By eliminating processed foods and hidden sugars, and by feeding the body at a cellular level, you eliminate sugar cravings and lose unwanted pounds and inches fast. -- Detoxification the natural way to ensure your body sheds the pollutants that accumulate in its systems from simple exposure to the air we breathe, the water we drink, and the many unhealthy foods most of us consume. -- Managing stress by feeding the body properly, from the cells outward. Without proper nutrition, the toxic effects of stress and anxiety increase, completely throwing the mind and body out of balance. An entire section of recipes is dedicated to helping you erase stress without dangerous drugs. -- Improving your mood, even when you are feeling sad, lonely, bored, or depressed. Whether you suffer from insomnia, inability to concentrate, or a general feeling of malaise, you'll discover the uplifting power balanced green juices have to provide an instant boost. -- Taking athletic performance to the next level, or just increasing physical and mental stamina with green juices designed to provide lasting energy. Ditch the caffeine if you like - with these green juice recipes, you'll discover you crave it much less - or perhaps not at all. -- Improving your looks from the inside out, all with the help of delicious green juices designed to promote healthy hair, skin, and nails. And much, much more! Join Liz and reap the benefits of over ten years of juicing experience as she shares the secrets to preparing 100 mouthwatering green juicing recipes. They're foolproof, packed with nutrition, easy on your budget, and even family friendly. Best of all, they're super easy to make, even if you're completely new to juicing! Special Bonus Inside! Get instant access to Elizabeth's online email course "10 Days To Everlasting Health" which is currently selling for \$17, but you get it for FREE when you purchase The New Green Juicing Diet! Ready to feel amazing? Then scroll to the top of this page and pick up your copy today!

30 Day Whole Food Slow Cooker Challenge

EMBARK ON THE 30 DAY CHALLENGE AND CREATE DELICIOUS WHOLE FOOD RECIPES MADE SPECIFICALLY FOR YOUR SLOW COOKER STARTING TODAY! When was the last time you had a real meal? Nothing packaged, canned, processed, or left to die in a freezer? And when was the last time you felt and looked your best? With this 30 Day Whole Food Slow Cooker Challenge, you're forced to take stock of your diet: only putting vegetables, fruits, nuts, meats, and fish into your body-and tossing out the rest, including dairy, whole grains, and legumes. Your body, mind, and waistline will thank you. And you'll wonder why you ever ate "fake" food in the first place. This book offers 47 step-by-step, slow cooker recipes, to help you save time, money, and calories. Each recipe offers serving sizes, calories, carbohydrate counts, fat counts, saturated fat counts, sodium counts, and protein counts to help you stick to your fitness and nutritional goals. The recipes offer incredible variety: from Asian-inspired to German and French cuisine, your kitchen has no bounds. And best of all? You can toss the ingredients into your slow cooker and literally forget about them for up to eight hours at a time. SCROLL UP AND CLICK 'BUY' TO ORDER YOUR COPY INSTANTLY

The Fast Track Detox Diet

You know how it is. That special event just around the corner and you can't fit into your designer jeans. You need a fool-proof, emergency weight-loss method that really works and works fast. So how do you safely and quickly lose those extra pounds? Once again, renowned health pioneer and bestselling author Ann Louise Gittleman has a quick, no-strings-attached solution that is also good for you. She is always on the cutting edge of developing new methods to rejuvenate the body and facilitate weight loss and she's done it again in The Fast Track One-Day Detox Diet. Gittleman takes the age-old method of fasting and incorporates it into a safe and healthy one-day plan that helps you lose weight fast, gets rid of toxins, and gives your body a cleansing boost to prepare it for even more weight loss down the road. The plan itself is blissfully simple: THE PREQUEL: Seven days of adding detox support foods to your diet to prepare your body for the one-day Fast THE FAST: One day of sipping Gittleman's "Miracle Juice," a deliciously spiced mixture of herbs and spices specially designed to stave off hunger, balance blood sugar, boost metabolism, and replenish nutrients (no kidding, the juice is completely delicious) THE SEQUEL: Three days of reintroducing supportive and immune-boosting foods into your diet to seal in the results That's all. There's no need for a strict maintenance plan or more dieting because the Fast Track One-Day Detox Diet purges your body of fattening toxins so that you'll keep losing weight once you're finished. What's more, if you can't add those healthy foods to your diet in the Prequel and Sequel, Gittleman provides a list of replacement supplements that you can easily find in your local health food store or online. So, use The Fast Track One-Day Detox Diet to jump start an over-40 metabolism, melt away vacation or holiday pounds, break a diet plateau, get in shape for that high school reunion or

wedding, and even help heal a chronic illness. Even if you've been slow to lose weight in the past, the pounds will melt away quickly during your one-day fast. Inside there are recipes to prepare for the fast, shopping lists, and tips for sailing through the fast. In addition, Ann Louise Gittleman shares the wisdom she's gained from years of research on health, diet, and nutrition. You'll find out about hidden toxins found in the environment and in everyday foods, and learn easy steps you can take to live healthier every day. The perfect diet: simplicity, effortless weight loss, and obvious health benefits from a nutritionist with a proven track record. You'll feel so good after your first fast, you'll want to incorporate the Fast Track's cleansing principles and periodic fasting into your life for good. Don't delay, it's time to jump on the Fast Track to a lighter, healthier you. Ready, Set, Glow What if you could lose three to eight pounds in a single day? What if that nearly instant weight loss made you feel lighter, freer, cleaner, and more energized? What if that single day began a healing, cleansing, revitalizing process, raising your awareness of the poisons that pollute our environment and purging your body of the toxins that set you up for weight gain, fatigue, and a host of deadly, debilitating diseases What if that one day of weight loss could help jump-start a long-term weight-loss plan? Well, that single day is here. With Ann Louise Gittleman's The Fast Track One-Day Detox Diet you can: Cleanse your system back to health Get rid of unhealthy, fattening toxins Safely lose up to 8 pounds overnight and keep them off for good The Fast Track One-Day Detox Diet is a whole new way to think about weight loss. This is the first crash diet that not only works in the long run, but is also good for you. GET ON THE FAST TRACK IT'S SAFE. IT FEELS TERRIFIC. AND IT WORKS.

The Inside-Out Diet

The Inside Out Diet "A gem of a book, full of helpful information." --Frank Lipman, M.D., author of Total Renewal: 7 Key Steps to Resilience, Vitality, and Long-Term Health "I've been a fan of Dr. Cathy Wong for a long time, and if you haven't discovered her yet, this terrific book is a great way to do it. The three-step plan is on the money and the book is a rich source of information about food, detoxification, spices, weight control, and general health--a great addition to your library." --Jonny Bowden, Ph.D., C.N.S., iVillage Weight Loss Coach, and author of The 150 Healthiest Foods on Earth "The Inside-Out Diet is an excellent approach to natural weight loss and radiant health in a well-balanced manner." --Joshua Rosenthal, M.Sc.Ed., founder and director of The Institute for Integrative Nutrition Say good-bye to weight-loss woes with this practical approach to eating from leading naturopathic doctor and nutritionist Cathy Wong. Her easy-to-follow plan helps you achieve productive, safe, and permanent weight loss the enjoyable way, with no fasting, strange foods, or colonics required. You don't have to permanently give up coffee, meat, wheat, or dairy foods, either! Drawing on the latest nutrition and health research, she shows how a healthy, high-functioning liver is the key to getting slimmer. You'll learn how to be picky about your proteins and leverage the power of the purple protectors (purple or red vegetables), the right whites (white or light green vegetables), and other foods to gently detoxify the body, support liver function, and drop those extra pounds for good. With four weeks of meal plans and more than fifty delicious recipes from successful chef-to-the-stars Sabra Ricci, you're well on your way to losing weight and feeling great, both inside and out!

Upgraded Chef: 12 Core Recipes to Supercharge Your Body & Brain

ABOUT THE BOOK This cookbook has been a decade in the making. As a bio hacker, I look at cooking as one of the variables that leads to better personal performance. It's not just the quality of your food, it's how it's prepared. Being upgraded I take this stuff more personally than most people for good reason. This is the diet that helped me lose 100 lbs and keep it off since the late 90s. This is the diet that fixed - and upgraded - my brain function. It's the basis of the diet I created to help my wife Lana, a Karolinska-trained physician, restore her fertility so we could start a family at about age 40, after Lana was diagnosed with polycystic ovary syndrome (PCOS) by her OB-GYN, who said she'd likely be infertile. This is literally the diet that transformed my health, my family, my career, and my life. Bulletproofing yourself More than 100,000 people come to my blog every month to learn about how to eat to upgrade their bodies, their brains, and their lives. You can see their unsolicited testimonials on the site; people who lose 20 or more pounds in 6 weeks, without cutting calories. The guy who lost 75 pounds in 75 days. The physicians who use it in their practices. This recipe book isn't going to teach you everything you need to know about the Bulletproof Diet or even all the ways it works. You can find this info for free on Bulletproofexec.com where it can help the most people. Fuel your body with upgraded food This recipe book is going to teach you how to use safe, delicious cooking techniques to prepare meals that taste amazing, but also fuel your body and mind to levels of performance beyond what you probably believe you're capable of. We focus on three main types of cooking because they are the

most versatile, flavorful, simple ways to create Bulletproof food. Bulletproof food is high in healthy fats (50-70% of calories), and avoids toxic foods and other toxins created by cooking. These small details can make all the difference in your health. They did for me. EXCERPTS FROM THE BOOK "These 5 Indian spices make a popular spice mix known as Panch Poron. Make up a triple batch of the seed blend, it's lovely, you'll use it. Bring meats, fish, eggs to room temp before using, find out why on pages 53, 54 & 56." "Bacon is an amazing food to cook with. The problem is that the quality of your bacon is very important. Average store quality bacon comes from animals fed an unsuitable diet, and the bacon is often cured in such a way that it contains more toxins than it should. Read more about "bacon" on page 51." Buy the book to read more!

Bright Line Eating

A NEW YORK TIMES BESTSELLER Foreword by John Robbins, author of the international bestseller Diet for A New America In this book, Susan Peirce Thompson, Ph.D. shares the groundbreaking weight-loss solution based on her highly acclaimed Bright Line Eating Boot Camps. Rooted in cutting-edge neuroscience, psychology, and biology, Bright Line Eating explains why people who are desperate to lose weight fail again and again: it's because the brain blocks weight loss. Bright Line Eating (BLE) is a simple approach designed to reverse that process. By working with four "Bright Lines"—clear, unambiguous, boundaries—Susan Peirce Thompson shows us how to heal our brain and shift it into a mode where it is ready to shed pounds, release cravings, and stop sabotaging our weight loss goals. Best of all, it is a program that understands that willpower cannot be relied on, and sets us up to be successful anyway. Through the lens of Susan's own moving story, and those of her Bright Lifers, you'll discover firsthand why traditional diet and exercise plans have failed in the past. You'll also learn about the role addictive susceptibility plays in your personal weight-loss journey, where cravings come from, how to rewire your brain so they disappear, and more. Susan guides you through the phases of Bright Line Eating—from weight loss to maintenance and beyond—and offers a dynamic food plan that will work for anyone, whether you're vegan, gluten-free, paleo, or none of the above. Bright Line Eating frees us from the obesity cycle and introduces a radical plan for sustainable weight loss. It's a game changer in a game that desperately needs changing.

French Women For All Seasons

The bestselling author of French Women Don't Get Fat, Mireille Guiliano offers the perfect combination of delicious, balanced recipes. French Women Don't Get Fat was a mould-breaking book that unlocked the secrets of 'The French paradox' and sold well over a million copies worldwide. By letter, by email, in person, readers have inundated Mireille Guiliano with requests for more advice. Her answer: this buoyant book full of advice, ideas and fresh, French recipes for each season.

Mastering Intermittent Fasting

Are you tired of missing the best fashion trends because of your weight? Are you getting exhausted from too many fats in your body? Are you getting tired of complex diets, tasteless food, and calorie counting without accomplishing your desired goals? Intermittent fasting is composed of alternating cycles of eating and fasting, all within a set period schedule. You can consider it as a pattern of living and eating than a diet. Compared to diets, you will not find any strict rules about what you can eat and what you cannot eat. You see, intermittent fasting is all about fasting! Lately, a lot of medical and scientific researchers have pointed to the advantages of intermittent fasting, from the results it can offer with weight loss and its effect on diseases. Not just it helps you lose annoying fats, but it can also help your energy, help generate good gut bacteria, get rid of sugar cravings and lessen inflammation, and increase mental focus. For you to reap the benefits, you need to do it right. With this book, you will learn all you need to know to begin integrating intermittent fasting safely into your daily life. This book will help you learn the following topics: - How Does Intermittent Fasting Work? - Discover how to detoxify your body The power of herbs - Styles of Intermittent Fasting - Transitioning into Intermittent Fasting (Switch Style) - What to Eat While Intermittent Fasting: Recipes . Anti-Aging Benefits of Intermittent Fasting - And more! So what are you waiting for? Well, stress no more! Buy this book and also learn all... and DOWNLOAD IT NOW!

Anti-Inflammatory Diet Meal Prep

Suffering From Inflammatory Diseases? Not Today! Enjoy Meal Prep-Friendly Recipes That Nourish the Body & Keep Inflammation at Bay! Is your health starting to decline because of a poor diet? Are you

trying to find a way to balance your love for food with your need to stay healthy? Do you dread spending hours in the kitchen every single day? Say no more - we have just the book for you! "Anti-Inflammatory Diet Meal Prep" by renowned nutritionist Mary F. Wiener is what you need to learn about delicious anti-inflammatory recipes that are SO easy to make! Some of the key barriers to keeping up with a healthy diet are time and motivation. While some people have the time, they lack the motivation to stay on track. Whereas others do have the motivation, but have absolutely no time in the day to prepare any healthy meals. And, of course, there are those who have neither. What sets "Anti-Inflammatory Diet Meal Prep" apart is that it keeps all these factors in mind. So, if you neither have time nor motivation, this complete step-by-step guide is all you need to keep cooking healthy meals that are high in antioxidants and keep inflammation at a minimum. Using this life-changing guide, busy bodies and health enthusiasts alike will: Maximize your results with a 21-day anti-inflammatory program that makes everything super easy to make and keep track of Reduce inflammation in your body tremendously by learning how to harness the power of the right foods Enjoy a non-restrictive diet that not only nourishes the body or reduces inflammation, but also tastes amazing Get to know the antioxidant-rich foods that will lower your inflammation exponentially without having to spend hours in the kitchen Fast-track your progress and ensure your new lifestyle is right on track by learning all about the foods to avoid Indulge in hearty breakfast recipes that boost energy and sharpen your mind, including coconut cherry porridge and sweet potato breakfast bowl Satisfy your every craving with mouth-watering lunch recipes, including baked tilapia and rosemary pecan topping and persimmon salad with grapes and pears Nibble on some of the tastiest side dish recipes, including goat cheese and beet tartines and Mediterranean tuna salad Fill yourself up with nothing but absolute dinner perfection, including stuffed portobello mushrooms and maple-miso salmon And so much more! So, what are you waiting for? Don't wait for your health to get worse. Take the next step towards a healthier, leaner body free from fatal inflammation NOW! Scroll up, Click on "Buy Now with 1-Click"

The 5:2 Fast Diet

Achieve Your Weight Loss Goals with The 5:2 Fast Diet This book is for busy professionals who would like to lose weight quickly using the 5:2 diet but don't know how to get started. We have condensed all our tried and tested solutions into a simplified handbook that provides an effective weight loss plan for losing 30 pounds in 30 days! We will identify the key problem foods to eliminate from your plate and focus on foods which support a lean body. The 5:2 Diet is designed to work with your body, not against it. And with a proven weight loss plan and delicious recipes you can use at home, you won't have to waste time or money on special powders, shakes, or monthly meal plans. The 5:2 Fast Diet is your unique guide that will show you how to maintain your weight goals and eating regimen, as well as how you can still eat out, with tips that will help you enjoy food and still lose weight. Most other diet books give you a regimen then leave you to fend for yourself-- The 5:2 Fast Diet will show you how to start a healthy eating plan that you can incorporate into your lifestyle for years to come.

The Human Being Diet

Petronella trained at the Institute for Optimum Nutrition and the Natura Foundation and she's also a Functional Medicine practitioner. She has been in private practice since 2004 and specialises in digestive, skin and weight issues. She's a firm believer in the wisdom of the body and that food and exercise is the only medicine we need. 'The people who've been to see me have taught me as much as I have taught them, not only about what works but, more importantly, about what's doable.' Chronic diseases are escalating and so are our weight problems. These lifestyle diseases involve inflammation, which is driven by refined food, overeating, stress and lack of exercise. But the inflammation, as well as our susceptibility to disease, can be extinguished by changing the way that we eat; the power is in our hands. The Human Being Diet is a blueprint for feasting and fasting your way to feeling, looking and being your best, whether you want to lose weight or not. It's a painless path to: -Boundless energy-Perfect weight-Flawless skin-Refreshing sleep-Healthy digestion-Better sex Find out when to eat, what to eat, and how much to eat, to reset your rhythm and restore your joie de vivre.

Fastest Diet and Workout Ever

Weight loss and fitness trainer to the stars, Lucy Wyndham-Read shares her fastest workouts and scrumptious low-calorie meal plans. A simple, fast way to get the body you've always dreamed of - and get healthy at the same time. - Based on the 5:2 diet - Packed with healthy, anti-aging recipes - Fast 4-minute workouts to suit even the most busy lifestyle - Focuses on losing fat and inches It's easy and

it works Eat anything you want (within reason) five days a week: watch your calories on two - that's the beauty of the 5:2 diet Do the 4-minute workouts five of every seven days. See amazing results fast.

Power Food On the Go

Power Food superstar Rens Kroes shows you how to leave unhealthy food behind and save money by making your own super meals with Power Food On the Go. Grab these healthy and satisfying meals every day! Power foodies are constantly on the go--going to work, going to the gym, headed out to play--and Rens Kroes wants you to take delicious and healthy food with you! There's no reason to buy a smoothie at the spin class smoothie bar, make your own favorite Power Food smoothie and bring it with you! Busy days at work often mean finding a lunch at a food truck or, dare we say it, fast food. But it doesn't have to be that way with Power Food On the Go and Rens' make-ahead meal ideas! You'll be able to bring your own Power Food lunch with you to work. Energetic in every way, from the design, to the recipes, to the beautiful food and lifestyle photography within, Power Food On the Go will inspire you to embrace the Rens Kroes enthusiasm for food, health, and life on the go.

The 7 Day Quickie

In just one week you'll be feeling better in body and mind. Tegan Haining, personal trainer to the stars, brings you her specially-designed programme that will produce rapid results and set you on your way to a healthier lifestyle. Whether it's a seven-day blitz before a holiday or special occasion, or a week to get your diet and exercise back on track after Christmas, Tegan's simple plan is easy to follow from start to finish. Each day she'll guide you through three healthy meals and a workout or stretching session, and share her top tips for wellbeing from her career as a model and health coach. Complete with a shopping list for the week and quick journal activities to help you track your progress, The 7 Day Quickie also comes with vegetarian alternatives, bonus recipes and extra workouts so you can repeat and personalise the programme once the week is over.