



The 80/20 Diet (The Healthy Chef Book 1)

By Teresa Cutter

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The 80/20 Diet (The Healthy Chef Book 1) By Teresa Cutter

The 80/20 Diet offers a combined diet and exercise plan that will help you achieve your weight loss goals sensibly, and enable you to maintain a healthy lifestyle for the rest of your life.

The philosophy of the 80/20 diet is simple.

Eat well 80 per cent of the time, and 20 per cent of the time you can enjoy a little indulgence.

This book offers more than 130 recipes for simple, nutritious dishes that have been designed for people who love food, who love to eat and who have made a conscious decision to maximize their health and wellbeing.

Teresa Cutter is one of Australia's leading authorities on healthy cooking. A qualified Chef, Nutritionalist and personal trainer, she has combined her knowledge of food, diet and exercise to specialize in developing healthy recipes for fat loss and total wellbeing.

The first edition of the 80/20 Diet was voted best diet book by the UK Times online.

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- Sales Rank: #166226 in eBooks
- Published on: 2012-07-05
- Released on: 2012-07-05
- Format: Kindle eBook

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