

The Complete Slimmer Clubs Guide: The Healthy Way to Eat, Slim and Exercise

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Abstrak

This edition incorporates the approach to dieting used by Slimmer Clubs UK and "Slimmer Magazine". The diet includes multiple choices and options to accommodate a wide range of preferences and lifestyles, and the slimmer can opt for five different calorie options for slow, gradual or fast weight loss. There is also a wide selection of recipes with ideas for every occasion and season, illustrated in colour. All the recipes are relatively quick and simple to prepare, with a healthy fast food bias, and reflect the essential nutritional components of a balanced healthy diet. Chapters include: healthy food - eating for life; healthy food for kids and teenagers; eating out and entertaining, and a maintenance plan.