



## The Sirt Diet Cookbook

By Jacqueline Whitehart

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The Sirt Diet Cookbook, Jacqueline Whitehart, The SIRT Diet shows how to incorporate tasty SIRT superfoods into your daily routine and how these foods can help burn fat, increase muscle definition and boost health. The world of nutrition has been revolutionized by the discovery of a chemical compound naturally found in certain fruits and vegetables called 'sirtuins.' These chemicals control the way our bodies deal with fat and sugar, helping to reduce hunger, burn fat and boost anti-ageing health. Not only do these sirtuin-activating foods - or, SIRT foods - aid weight loss, but they also help build muscle without any additional exercise. People incorporating SIRT foods into their diets have found their bodies get skinnier, leaner and fitter without the time-consuming and hefty price tag of a gym. The best part is that transforming your body is really easy as lots of everyday, tasty favourites are SIRT foods - like olives, tofu, blackcurrants, kale, cocoa and green tea. Best selling diet expert Jacqueline Whitehart presents a selection of SIRT food rich recipes, meal planners and useful shopping tips to help you transform your diet and find a quick and easy way...



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