



The Sirtfood Diet Recipe Book: THE ORIGINAL OFFICIAL SIRTFOOD DIET RECIPE BOOK TO HELP YOU LOSE 7LBS IN 7 DAYS (Paperback)

By Aidan Goggins, Glen Matten

HODDER & STOUGHTON, United Kingdom, 2016. Paperback. Condition: New. Language: English. Brand new Book. THE OFFICIAL RECIPE BOOK TO BESTSELLING ORIGINAL THE SIRTFOOD DIET. Over 100 more delicious SIRTFOOD recipes to help you lose up to 7lbs in 7 days and stay lean and healthy for life! 'The weight loss phenomenon' Times 'The plan that will change the way you do healthy eating' Red Jumpstart your way to better health with over 100 tried-and-tested recipes from the bestselling authors of The Sirtfood Diet. This easy-to-use recipe book combines the latest nutritional advice with an essential meal plan to help you lose weight and feel great. Revolutionising the way we eat, through their scientifically researched plan for health and weight loss, nutritional medicine experts Aidan Goggins and Glen Matten show how these sirtuin-activating recipes will switch on our body's fat-burning powers to supercharge weight loss, improve energy levels, and promote amazing health. These recipes are brimming with flavour and include the official top 20 Sirtfoods, such as kale, parsley, strawberries, buckwheat, walnuts, turmeric, dark chocolate, and even coffee! With a flexible meal plan adjustable to your routine, budget and diet, and containing nutritional advice and tips throughout, this is the essential recipe book...



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