



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

Teresa Cutter

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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, Nutritionist 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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The reason why? Because this The 80/20 Diet (The Healthy Chef Book 1) is an unordinary book that the inside of the publication waiting for you to snap that but latter it will shock you with the secret the item inside. Reading this book next to it was fantastic author who write the book in such remarkable way makes the content inside easier to understand, entertaining means but still convey the meaning fully. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of benefits than the other book have got such as help improving your skill and your critical thinking technique. So , still want to delay having that book? If I were you I will go to the e-book store hurriedly.

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