



The Hot Body Plan: Look Good.the Healthy Way

By Azmina Govindji, Nina Puddefoot

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Hot Body Plan: Look Good.the Healthy Way, Azmina Govindji, Nina Puddefoot, "The Hot Body Plan" is different because it's not a diet. It is not about avoiding foods, but about making choices. It's about equipping you with tools and swap lists so that you can choose the food or snack that's right for any occasion. This diet isn't about sitting at a party with a few carrot sticks on your plate, but instead includes hundreds of tempting recipe ideas and snacks, carefully selected for their nutritional and GI benefit. Balanced with savvy psychological advice from Nina, this book will help you to achieve that hot body that is essential for the party season and beyond. With a host of choices, activity boosters and mental energisers, you can embrace what your body and taste buds dictate and remain guilt-free, whilst being mentally and physically charged.



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