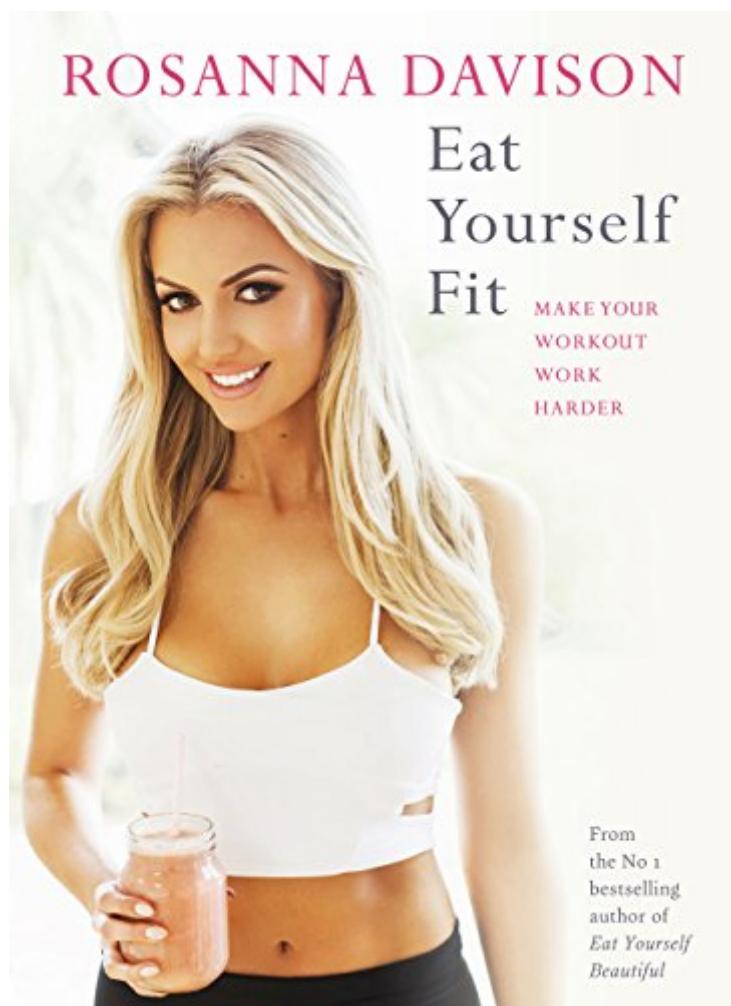


The book was found

Eat Yourself Fit: Make Your Workout Work Harder



Synopsis

The No1 best-selling author is back with over 100 recipes and tips to help you hit peak performance!

Following the success of her debut release, Eat Yourself Beautiful, Rosanna Davison is back to help you get fighting fit fast! With over 100 powerful recipes to complement and enhance your fitness routine and sample diet and exercise plans as well as mental tips and tricks to keep you motivated and build long-term healthy habits that stick, Eat Yourself Fit has everything you need to look and feel your very best. Recipes are designed to give options that are muscle-building, mood-enhancing, sleep-enhancing, calorie-controlled or antioxidant-rich, depending on your fitness goals, and include rawnola parfait with raspberry and vanilla coconut whip, omega-3 gingerbread energy bars, coconut chickpea, spinach and sun-dried tomato stew, skinny cauliflower tabbouleh and treats such as pecan pie truffles.

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