

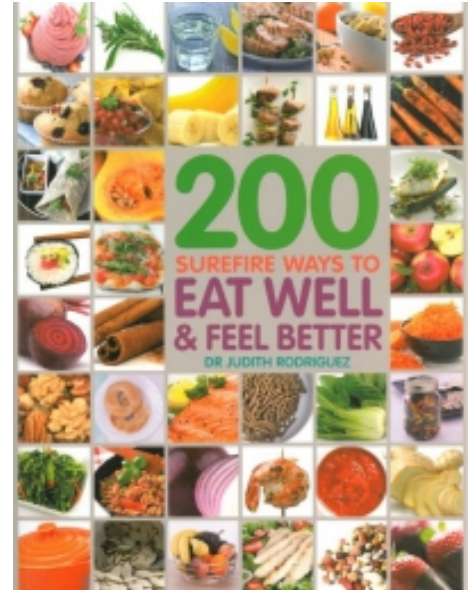
200 Surefire Ways To Eat Well And Feel Better

by RODRIGUEZ, DR JUDITH

200 Surefire Ways To Eat Well And Feel Better

This is the ultimate 'No Diet Diet': a collection of common sense healthy choices in eating and lifestyle that you can make throughout the day in any situation. Whether you're looking for ideas on meal planning, savvy food shopping hints, selecting healthier meals in a restaurant, this useful resource provides a host of solutions that you will want to pick up and use straight away.

It is accessible, no nonsense, jargon free and packed with illustrations, diagrams, step by step instructions, quick tips and expert secrets to help you cut calories.



Price: \$3.00 (Top Price is \$19.95)

Stock: Plenty Of Stock

Item Code: TWOSUWA

ISBN: 9780857621337

Book Format: Paperback

Book Collection: Tips and Technique titles

Pages: 144

Dimensions: H 246mm x W 192mm x D 11mm

Weight: 448g

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