



Weight Loss Clinic Secrets and Recipes - Eating Clean - But Keep It Lean.: Dinner: Real Weight Loss Clinic Programme from 5 London weight loss clinics. ... Recipes - Eating Clean But Keep It Lean)

Maia Lloyd, Catrin Turner

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So what can I teach you about clean eating and getting lean?

Well, I have five clinics that specialise in weight loss, so helping you to get and stay lean is my profession.

What you will gain from this book:

1. Recipes and knowledge to make your clean eating and weight loss efforts a success, based on my expertise as a nutritionist with five weight loss clinics in London;
 2. Simple, delicious recipes that are tried and tested in my weight loss clinics to help you get and stay lean; and
 3. Encouragement to commit to this supportive, sustainable way of eating. No three juices a day and starvation. Real, nutritious food to help you look great, prevent disease and age well.
- What you will gain from this book:

Before I explain how my programme works, there are two bonus books that you can download at the end of the book. If you download the preview, you can get one of the bonuses now by going to www.threeeaspublishing.com/alcoholfreedinks. This is a free book about what to drink when you are not drinking. Further detail in this book near the end but you can read it now via our website.

This series is called “Eating Clean But Keep It Lean” because my approach is clean eating (which I will explain) but with the focus on dropping excess weight as part of a clean diet.

My recipes are deliberately simple so you can use them every day. No long ingredients lists or complicated food prep.

This book is about Dinner.

To give you a flavour (lots, actually) of the recipes in the second half of this book, we have proper food suppers that are clean and will drop the weight:

- Chicken Jalfrezi
- Sweet & Sour Pork
- Spaghetti with Sea Food
- Pork & Thyme casserole
- Chilli
- Beef Stew and Mash
- Fish crumble

Or if you are entertaining or just want to make a special meal, what about:

- Roasted vegetables with Feta and Jewelled “Couscous”
- Middle Eastern Venison with Quinoa
- Sea Bass in a Salt Crust
- Tofu with Soba Noodles

These recipes sound liveable right? This is proper food but the recipes are balanced. That is what you see a nutritionist for. No junk but every meal is designed to get to your goal, healthy leanness.

How this book can help

This book is part of a series that offers the kind of recipes that can help you get your eating clean while also getting you lean. The raw ingredients for the most part are familiar 'normal' foods. It's the balance of your meals that really matters – the right ratio of lean protein, healthy fats and slow release carbs.

So the changes you are going to be asked to make aren't massive and the recipes are definitely not punishment eating. But, you do have to want to make positive food choices. As they say, if you do what you've always done, you'll get what you've always got.

Sometimes it's only when you reach 'rock bottom' that you realise it's time for a change. Only when you get a health scare or you see a horrible holiday snap of yourself or you literally can't get into any of your clothes. Only then do you admit to yourself that you're not happy the way you are.

It would be great if you could decide to change course on the way to this low point, but not many of us are that way. We need to feel really bad to keep us away from pizza and fries and chocolate or whatever other highly addictive food has got us the way we are.

But then, you're reading this book so maybe you're already heard that 'click' in your head. You want to look and feel better and you're willing to make the sacrifices and face tha this requires. If so, congratulations. If you're still dithering, ask yourself this:

'What is the future if I continue as I am?'

If it's continued weight gain, health problems - arthritis, eczema or more seriously cancer or diabetes, then act now. Even if your weight is within a normal range but your peace of mind is being destroyed by food obsession, yo-yo dieting or binge eating, that's no way to live.

Try my approach and discover how much happier you could be.

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