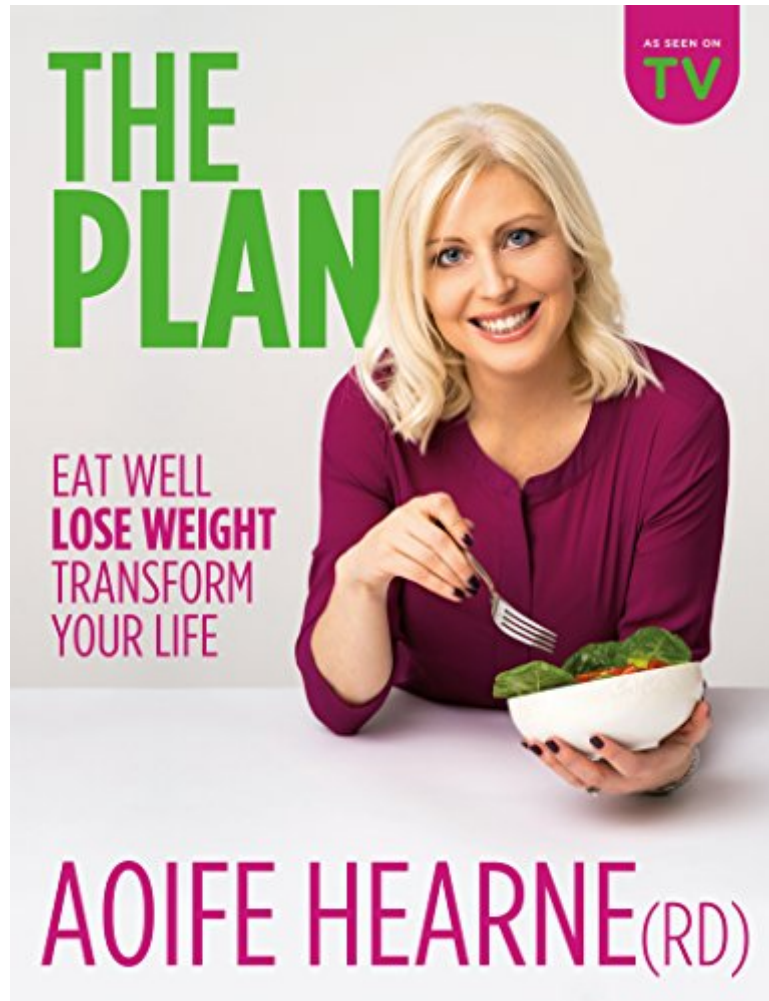


The book was found

The Plan: Eat Well Lose Weight Transform Your Life



Synopsis

Follow The Plan for healthy weight loss Aoife Hearne is a familiar and trusted face for Irish TV audiences. In her first cookbook, she brings together all the recipes and practical advice you need to reach and maintain a healthy weight. Aoife's focus is on developing sound eating habits that benefit the whole family through delicious dishes that are accessible rather than intimidating. As well as tempting breakfasts, lunches and dinners, The Plan includes a section on strategies for healthy living, with tips for preparing a weekly meal plan, cooking ahead and other good habits to support long-term healthy eating. Stick to The Plan and you will eat well, lose weight and transform your life!

Includes:

- Food architecture: where food is in your kitchen
- Preparing your week: planning meals
- "shopping list"
- cooking ahead
- Good habits to support these plans
- The hunger scale: are you bypassing your fullness signals?
- Healthy habits for the family

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