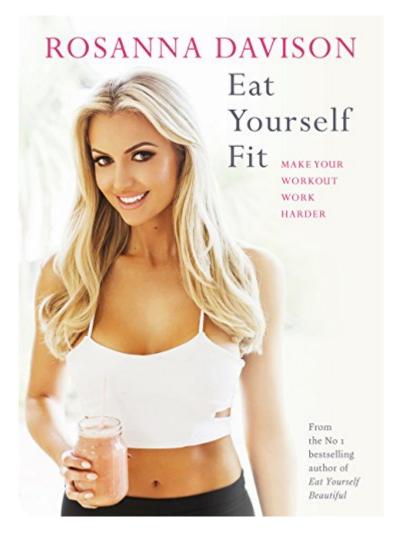
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# Eat Yourself Fit: Make Your Workout Work Harder





### 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.

#### **Book Information**

File Size: 47653 KB Print Length: 336 pages Publisher: Gill Books (September 9, 2016) Publication Date: September 7, 2016 Sold by: Â Digital Services LLC Language: English ASIN: B01LBJ60RK Text-to-Speech: Enabled Not Enabled X-Rav: Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #283,150 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Irish #40 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Occasions > Brunch & Tea #42 in Books > Cookbooks, Food & Wine > Regional & International > European > Irish

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