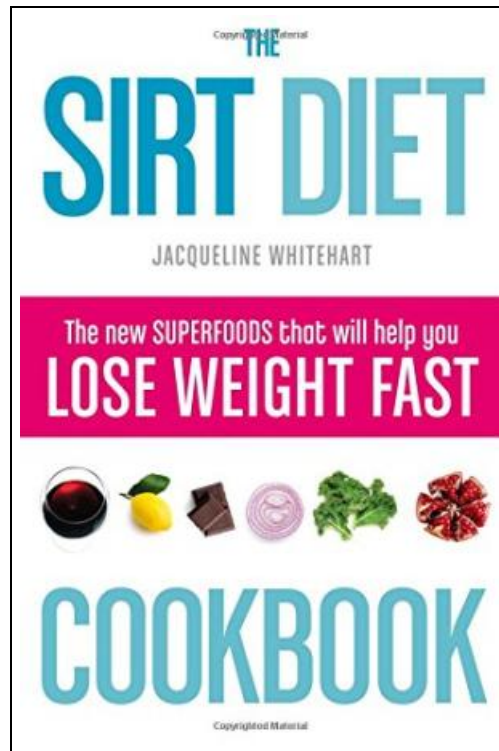


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*(Emmett Mann)*

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HarperCollins Publishers, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. The SIRT Diet shows how to incorporate tasty SIRT superfoods into your daily routine and how these foods can help burn fat, increase muscle definition and boost health. The world of nutrition has been revolutionized by the discovery of a chemical compound naturally found in certain fruits and vegetables called `sirtuins. These chemicals control the way our bodies deal with fat and sugar, helping to reduce hunger, burn fat and boost anti-ageing health. Not only do these sirtuin-activating foods - or, SIRT foods - aid weight loss, but they also help build muscle without any additional exercise. People incorporating SIRT foods into their diets have found their bodies get skinnier, leaner and fitter without the time-consuming and hefty price tag of a gym. The best part is that transforming your body is really easy as lots of everyday, tasty favourites are SIRT foods - like olives, tofu, blackcurrants, kale, cocoa and green tea. Best selling diet expert Jacqueline Whitehart presents a selection of SIRT food rich recipes, meal planners and useful shopping tips to help you transform your diet and find a quick and easy way to lose weight, replacing flab for muscle definition. All the while still eating delicious favourites like dark chocolate, apples and red wine! The SIRT Diet jumpstarts your fat-burning genes by restricting to 800 calories for the first two days of the week, and then allowing 1,500 SIRT-rich calories for the other five. Jacqueline provides an easy to follow four-week meal plan with over 100 feel-good, calorie-counted recipes packed with these superfoods, from grilled chicken with lemon and olives to pomegranate cheesecake. So what are you waiting for? Get ready for a whole new you!.



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