



## The Fast Food Detox

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By Andrew Cate

ABC Books, Australia, 2011. Paperback. Book Condition: New. 210 x 136 mm. Language: N/A. Brand New Book. Fast food and prepackaged food is abundantly available and we eat far too much of it. In fact, we spend a third of our food budget on fast food - which is loaded with fat, salt, sugar, kilojoules and additives. And often these foods have virtually no vitamins or minerals for the kilojoules that come with them. Have you ever stopped to think about how often you rely on a takeaway for lunch or dinner? Or how often you get your food out of a packet? Or even how often you consume salty snacks, fruit drinks, soft drinks or alcohol? The Fast Food Detox will help you to change your ways in just 14 days. Here you ll find: A 14-day meal plan designed to boost your health and strip body fat; Tasty recipes using the fast-food detox super foods to accelerate your weight loss; Why eating some foods in moderation is causing obesity rates to skyrocket; A unique exercise plan that doesn t just burn kilojoules, it s specifically designed to remove existing stores of body fat.

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