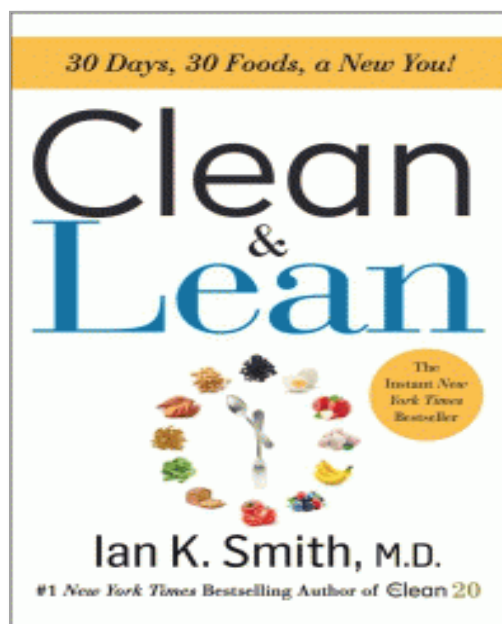

Advance Information

Clean & Lean

30 Days, 30 Foods, a New You!



Author:	Ian K. Smith, M.D.
ISBN:	9781250229526
Imprint:	St. Martin's Griffin
BIC Category:	Fitness & diet
Dimensions:	211 x 137 x 14
Binding/PP:	Paperback (BC), 256 pp
Rights Countries:	Ireland & United Kingdom
Pub. Date	13 Jan 2020
Price:	GBP12.99

Selling Points:

Thinner in 30 days from the #1 New York Times bestselling author of The Clean 20. Eat clean, get lean!

Description:

Losing weight can be simple - get back to basics on your plate, save time and money, and train your body to move, and excess pounds will slip away. The bestselling author of SHRED and The Clean 20 cracks the code for all of us who live in the modern world where we've lost touch with what real food is - and how good it tastes - and what our bodies are designed to do. Dr. Ian wrote Clean & Lean to put what he knows about nutrition and physiology in one place, and to motivate you to: --Use the power of intermittent fasting to discover your optimal eating times each day -- Explore clean eating with 30 (!) fresh, real foods that you can combine endlessly for meals and snacks --His day-by-day 30-day diet plan that tells you just what to eat, while still giving you loads of options --Get up and move: customised exercise plans for all fitness levels won't wear you out, but will energize you and accelerate your results --Take off up to 15 pounds in 30 days!

Author's Previous Books:

THE CLEAN 20 9781250309785, SHRED:THE REVOLUTIONARY DIET 9781250038272, SUPER SHRED:THE BIG RESULTS DIET 9781250061201, SHRED DIET COOKBOOK,THE 9781250061218, SHRED POWER CLEANSE, THE 9781250061225, BLAST THE SUGAR OUT 9781250130136, CLEAN & LEAN 9781250114945