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The New High Protein Healthy Fast Food Diet: The Effective Way to Use Convenience Foods as Part of a Low-Carb Diet

By Charles Clark, Maureen Clark

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The New High Protein Healthy Fast Food Diet: The Effective Way to Use Convenience Foods as Part of a Low-Carb Diet, Charles Clark, Maureen Clark, 'We've all heard of Jen and Madonna using high-protein diets to lose weight. It's a tricky one to follow safely, but with Dr Clark's sensible approach us mere mortals can do it too.' New Woman Do you ever eat take-away Indian, Thai or Chinese food? Do you usually resort to sandwiches at lunchtime? Does your busy lifestyle mean you nip into M&S to buy ready-made meals? Well, if you do, you are like most people. But if you're used to living like this it can be difficult trying to follow a low-carb diet. Until now. In this brilliant book Dr Charles Clark provides not only the groundrules for his bestselling New High Protein Diet but, because he understands how busy people actually shop and eat, he incorporates convenience and fast foods into it. Analysing over 200 types of fast and convenience foods to help you choose the most suitable options, this is essential reading for everyone who wants to be slim, healthy, but realistic about their lifestyle.



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