



Slim, trim & tasty

ABOUT THE BOOK

Slim Trim and Tasty is a workbook designed to introduce people to a variety of strategies aimed at reducing, or maintaining a healthy level of body fat. The book combines essential information - presented in an easy to access format - with easy low fat recipes to give the reader all the necessary components to achieve and maintain a healthy and low fat lifestyle.

RECIPES

Slim Trim and Tasty includes over 60 low fat recipes, most of which are pictured in colour, and include the fat and fibre content per serving. Many of the recipes have been selected to provide choices that are not traditionally associated with a low fat diet, such as Chocolate muffins, Macaroni cheese, Pizza, Cheesy fish fillets, Carrot and Banana Cake, Hummus, San Choy Bow, French Onion Dip

ABOUT THE AUTHOR

Andrew Cate is a health, fitness and nutrition consultant, with a Bachelor of Human Movement and an Associate Diploma in Sports Science. He is currently completing a Post-Graduate Diploma in Human Nutrition. Andrew worked for the Department of Health before establishing a private fitness studio on Sydney's Northern Beaches, where he runs a personal training business. He regularly writes for health and fitness magazines, and is in the process of publishing his fifth book on fat loss.

INFORMATION IN THE BOOK

The first 35 - 40 pages of Slim, Trim and Tasty includes information, quizzes and tips on healthy eating and exercise, aimed at achieving fat loss, and cardiovascular health. Some features of the information section includes: quizzes to test your fat intake and metabolism, Understanding the glycaemia index, The difference between weight loss and fat loss, Reading food labels, Alcohol and fat loss, How much fat should you eat (The fat budget), Hunger, appetite and fullness, Exercising to burn fat (the FITT principle), and a three page fat and fibre counter.

TO ORDER YOUR COPY (3 payment options)

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