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The Insta-Food Diet Pixie Turner, 2020-08-06 Social media is a major part of modern life. Most of us can't imagine not using it and it's unrealistic to assume that's even possible. We are obsessed with social media. We share pictures of our food and inspect what everyone else is eating, compare calories and macros, and get involved in wacky and dangerous food challenges. We think we're in control, but most of us have no idea how much of an impact it has. Did you realise that posting pics of your meal can actually make it taste better? That clean eating is giving you anxiety? That the influencers you follow are actually shaping government policy around food? Pixie Turner is here to arm you with everything you need to know to take back control and make social media work for you.

The Biggest Loser Quick & Easy Cookbook Devin Alexander, Biggest Loser Experts and Cast, 2011-11-08 The first cookbook in the bestselling Biggest Loser series to focus on fast, simple meals that you can eat on the go. The Biggest Loser Quick include five 20-minute workouts with tips on how to burn the most calories in the least amount of time, offer healthy cooking and baking tips and techniques, as well as shopping lists and pantry basics, and as always will feature tips from the trainers and contestants on time-saving techniques for fitting healthy meals into busy schedules. The 75 quick and easy recipes will include such categories as breakfast, on-the-double, speedy soups and sandwiches, throw-together salads and sides, mains in minutes, lickety-split sweet bites, and more. Sample recipes include Asparagus Chicken, Apple Sausage Scramble, Sausage Feta Pepper Breakfast Bake, Blanca Arugula Pizza, Monkey Trail Mix, Caprese Burger, Cold Dumpling Salad, Garlic Herb Mac Cheese, Spicy Cayenne Corn on the Cob, Coffee Crusted Chopped Steak, Philly Cheese Steak, Pizza Crispy Pesto Cod, Meyer Lemon Seared Scallops, Chocolate Raspberry Dreamers, Honey Nut Apple Butter, Rice Cakes.

The Vertical Diet Stan Efferding, Damon McCune, 2021-08-10 With so many diets and programs to choose from, finding the right nutritional path can be challenging. Many modern diets are rooted in misrepresented science, rely heavily on supplements, or are just simply not sustainable in the long term. World's Strongest IFBB Pro Bodybuilder Stan Efferding and Dr. Damon McCune have partnered to bring you a program that sets the confusion aside and puts you on the path to weight loss, better performance, and overall better health today. The Vertical Diet provides practical nutrition and lifestyle solutions that are simple, sensible, and sustainable. Stan and Damon provide a specific plan and comprehensive tools that will help you develop a greater understanding of which foods are nutrient-dense and digested easily and efficiently for maximal health benefits. With example menus and easy-to-follow recipes, The Vertical Diet takes all the guesswork out of what to eat and when. You will also learn how to build a daily checklist of healthy behaviors to follow to support your long-term success on the program. The Vertical Diet is complete with a selective, not restrictive, dietary plan that's rich in easy-to-digest carbs and proteins. Recommendations for lifestyle changes that address everything from ways to boost metabolism to better sleep hygiene. Personal testimonials from Vertical Diet clients, data from scientific sources, references to experts in the field, and actionable tools such as calorie calculators, shopping lists, and recipes to help explain these concepts. Stan and Damon's

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