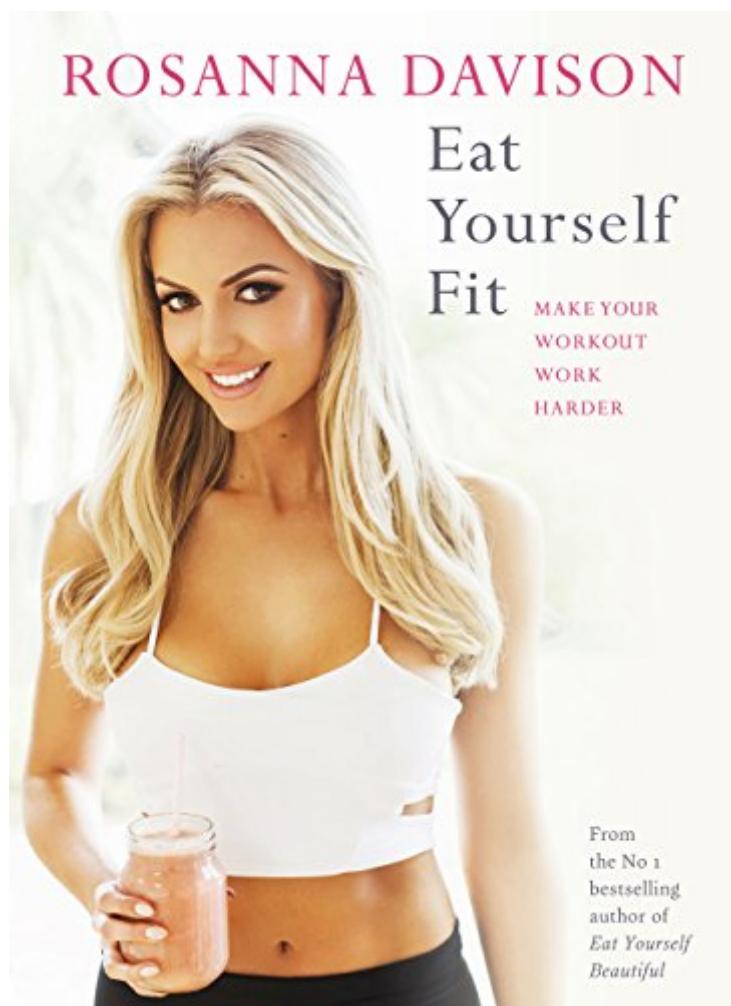


The book was found

# Eat Yourself Fit: Make Your Workout Work Harder



## Synopsis

The No1 best-selling author is back with over 100 recipes and tips to help you hit peak performance!

Following the success of her debut release, Eat Yourself Beautiful, Rosanna Davison is back to help you get fighting fit fast! With over 100 powerful recipes to complement and enhance your fitness routine and sample diet and exercise plans as well as mental tips and tricks to keep you motivated and build long-term healthy habits that stick, Eat Yourself Fit has everything you need to look and feel your very best. Recipes are designed to give options that are muscle-building, mood-enhancing, sleep-enhancing, calorie-controlled or antioxidant-rich, depending on your fitness goals, and include rawnola parfait with raspberry and vanilla coconut whip, omega-3 gingerbread energy bars, coconut chickpea, spinach and sun-dried tomato stew, skinny cauliflower tabbouleh and treats such as pecan pie truffles.

## Book Information

File Size: 47653 KB

Print Length: 336 pages

Publisher: Gill Books (September 9, 2016)

Publication Date: September 7, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LBJ60RK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #283,150 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Irish #40 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Occasions > Brunch & Tea #42 in Books > Cookbooks, Food & Wine > Regional & International > European > Irish

[Download to continue reading...](#)

Eat Yourself Fit: Make Your Workout Work Harder The Total Brain Workout: 450 Puzzles to Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit Sex: Make Her SCREAM - Last

Longer, Come Harder, And Be The Best She's Ever Had Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) The 30 Day Novel Success Journal for Romance: Overcome Procrastination, Figure Out What Happens Next, and Get Your Novel Written (the Write Smarter, Not Harder series Book 2) Get Fit, Stay Fit Rockstars F#\*k Harder Look Back Harder: Critical Writings, 1935-84 The Eat-Clean Diet Workout: Quick Routines for Your Best Body Ever (with DVD) Social BOOM!: How to Master Business Social Media to Brand Yourself, Sell Yourself, Sell Your Product, Dominate Your Industry Market, Save Your Butt, ... and Grind Your Competition into the Dirt The Eat-Clean Diet Workout Journal The RealAge Diet: Make Yourself Younger with What You Eat Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Mediterranean Diet for Weight Loss: Eat Like a Spartan: Leverage Mediterranean Diet To Achieve Spartan-Like Health, Lose Weight, Get Fit, All While Eating ... (Mediterranean diet, Mediterranean recipes) Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) Eat Meat And Stop Jogging: 'Common' Advice On How To Get Fit Is Keeping You Fat And Making You Sick Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle and Make You Healthy, Fit, and Trim for Life Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life

[Dmca](#)