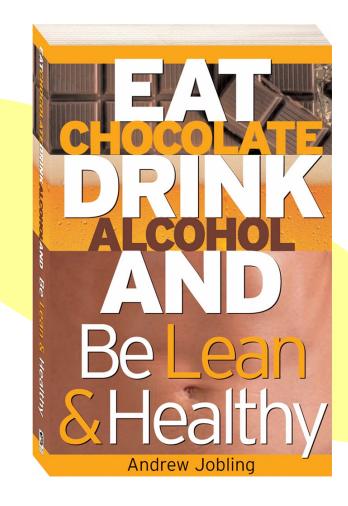
Eat Chocolate, Drink Alcohol and Be Lean & Healthy



Would you like to be able to enjoy chocolate, alcohol and other indulgences and still be leaner, more energised, less stressed, happier and live longer?

Andrew Jobling's detailed and realistic guide to eating will help you to improve your look, health and quality of life, not just for a few weeks but for the long term.

Providing readers with tips including shopping, what foods to avoid and suggested menus, it focuses on healthy eating and long-term results, while remaining food-friendly. A high quality of life is what this book strives for; the delicious menus are designed to be enjoyed!

Eat Chocolate, Drink Alcohol and be Lean and Healthy offers a sensible and moderate regime that focuses on long-term results. It breaks concepts down to easy steps and stresses the importance of individual difference and needs.

Make Eat Chocolate, Drink Alcohol and be Lean and Healthy your guide to being informed, happy, healthy and lean!