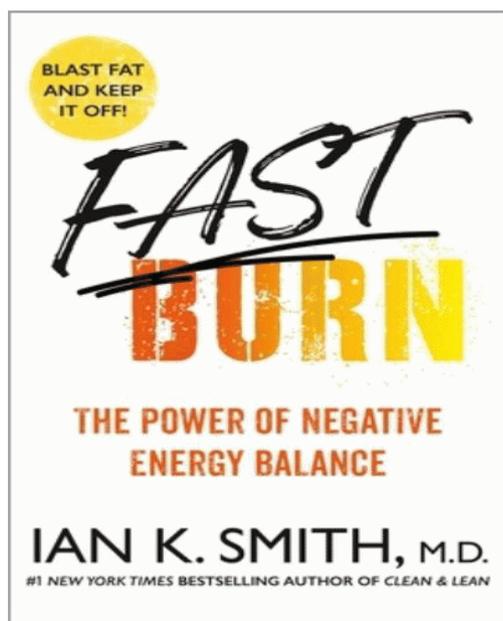

Advance Information

Fast Burn!

The Power of Negative Energy Balance



Author:	Ian K. Smith, M.D.
ISBN:	9781250858610
Imprint:	St. Martin's Griffin
BIC Category:	Fitness & diet
Dimensions:	211 x 137 x 23
Binding/PP:	Paperback (BC), 368 pp
Rights Countries:	Ireland & United Kingdom
Pub. Date	11 Apr 2022
Price:	GBP14.99

Selling Points:

A motivational diet plan to blast fat - and keep it off - by Ian K. Smith, M.D., the #1 New York Times bestselling author of Clean & Lean.

Description:

New York Times bestselling author Ian K. Smith, M.D.'s unique new plan takes intermittent fasting to the next level, combining the power of time-restricted eating with a detailed program that flips the body into a negative energy state, scorching fat on the way to weight loss and physical transformation. Many IF books leave readers to figure out what and how much they should eat during their feeding window, and even how long to fast each day. Smith knows that even readers highly motivated to change their weight and their health need marching orders, and they're all here in Fast Burn's nine-week program. Dr. Ian believes in cleaner eating - forget perfect - and the two positively disruptive Jigsaw Weeks he works into his Fast Burn! program not only mix things up so Fast Burners stay on track, but introduce refreshing and less structured plant-based weeks to the program. Fast Burn! goes beyond the daily meal plan, but also includes simple and achievable exercises - with both gym and out-of-gym options - for every week as well as thirty-three recipes focusing on improved calorie quality, including the plan's signature Burner Smoothie, to use throughout the three stages of the program.

Author's Previous Books:

The Clean 20 9781250309785, Shred 9781250038272, Super Shred 9781250061201, Shred Diet Cookbook 9781250061218, Shred Power Cleanse 9781250061225, Blast The Sugar Out 9781250130136, Clean & Lean 9781250114945, 9781250229526, Mind over Weight 9781250244802, 9781250756664, Fast Burn 9781250271587