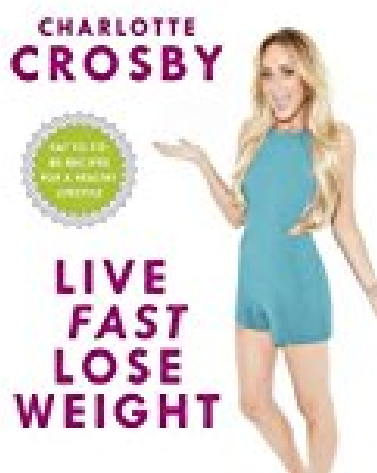


Live Fast Lose Weight Fat to Fit 80 recipes for a healthy lifestyle



BOOK DETAILS

- Author : Charlotte Crosby
- Pages : 256 Pages
- Publisher : Headline
- Language : English
- ISBN : 1472231988

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BOOK SYNOPSIS

Charlotte Crosbys healthy lifestyle guide is bursting with all her favourite tips and tricks for what to eat when youre out and about, that can fit into even the busiest of schedules. Charlotte shares 80 simple and delicious recipes, including cocktails and hangover cures that dont contain thousands of calories, proving that you can eat healthily to look great while still having loads of fun! Charlotte is everybodys favourite down-to-earth reality star. When it comes to losing weight her mantra is: if she can do it, anyone can. In LIVE FAST LOSE WEIGHT she shares the recipes she cannot live without.

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