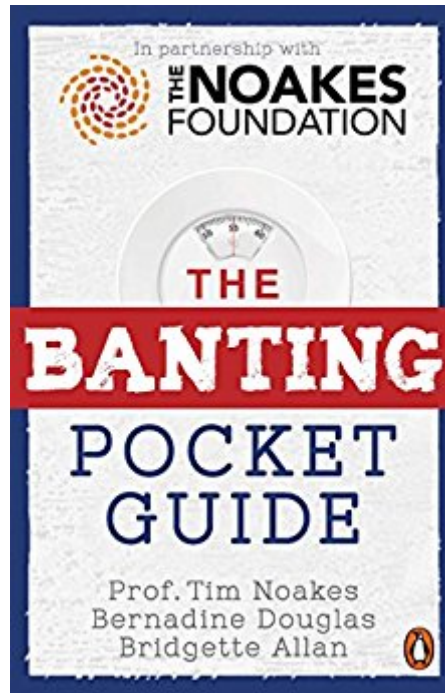




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The Banting Pocket Guide



Synopsis

IN PARTNERSHIP WITH THE NOAKES FOUNDATION AND THE EAT BETTER SOUTH AFRICA! INITIATIVE, THE BESTSELLING THE BANTING SOLUTION IS NOW IN AN EASILY ACCESSIBLE FORMAT! Due to your requests for more basic recipes and a user-friendly format, The Banting Solution is now available in a size that fits every pocket. This little guide will provide all the tips and advice you need with which to start, successfully conclude and maintain your Banting lifestyle. The Banting Pocket Guide includes a chapter from Banting's most respected and passionate supporter, Prof. Tim Noakes; answers your most pressing questions; busts the myths that have cropped up around Banting; provides helpful meal plans, Banting-friendly food lists and recipes; teaches you how to Bant on a budget, making this lifestyle accessible to everyone; and much, much more. Most importantly, it teaches you how to get rid of those unwanted kilos and keep them off forever! Easy to pop into your handbag or pocket, The Banting Pocket Guide is set to kick-start your new Banting lifestyle!

Book Information

File Size: 3348 KB

Print Length: 184 pages

Publisher: Penguin; 1 edition (February 1, 2017)

Publication Date: February 1, 2017

Sold by: Random House ZA

Language: English

ASIN: B01NAVCUJK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #212,662 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #50

in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Diet Therapy #133

in Books > Medical Books > Allied Health Professions > Diet Therapy #276 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Carb

Customer Reviews

It explains the why go into LCHF and very clear on what you can eat and how and what you can't

I bought this book in March 2017 and then contacted one of the authors for an assessment and she worked out an Insulin Resistant eating plan for me and it has changed my life I have to date lost 29 kilograms and my waist measurement has gone from a 48 inch pair of jeans to a 38 inch pair of jeans. Most highly recommended

Great reference book for hanging and keto diet way of life! I would recommend it to all who are following!

The book itself is fantastic, informative and helpful! I am however a little dissapointed with the kindle version as the meal plans and food lists are not readable. I have tried on my kindle and on my pc.

Prof. Tim Noakes is one of my mentors changed my life and I am changing others! Thank you, Tim!

Great info.

I have been a trainer for 30 years. The low carbs I do agree with. Protein being low and fats even though they are good fats being high. I disagree. I have trained many clients from bodybuilders, models, average person and diabetics. The protein higher, carbs lower, and fats around 20% of total calories gets the job done.

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