



Live Fast, Lose Weight: Fat to Fit: 80 recipes for a healthy lifestyle (Paperback)

By Charlotte Crosby

Headline Publishing Group, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Charlotte Crosby's healthy lifestyle guide is bursting with all her favourite tips and tricks for what to eat when you're 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 don't contain thousands of calories, proving that you can eat healthily to look great while still having loads of fun! Charlotte is everybody's 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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