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The Planet Friendly Diet: Your 21-Day Guide to Sustainable Weight Loss and Optimal Health

Cat Smiley

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Would you like to lose weight, feel great, and minimize the impact of your eating habits on the environment? *The Planet Friendly Diet* is a unique, all-inclusive blueprint for a greener lifestyle based on responsible dietary choices. Jump start your journey to optimum health with the all-inclusive twenty-one day meal plan, and then apply the information in the accompanying nutrition guide to transform short-term success into long-term, sustainable results.

Leading body-transformation expert and former professional skier Cat Smiley shares her simple step-by-step program for a complete detox and reboot. The diet is meat, dairy, wheat and gluten-free, and comes with a weekly shopping list to ensure zero-waste. All single-portion recipes:

Use fresh, every day ingredients Cost less than $5.00 Are under 500 calories Take no more than twenty minutes to prepare

Whether you want to give your eating patterns a complete makeover or just kick start a change towards a healthier life, *The Planet Friendly Diet* will motivate, educate and empower you. Fully-illustrated with mouthwatering images of each internationally inspired recipe, it's like having your very own nutrition coach and personal chef. And not only will yopu lose weight, get fit, and feel great - you'll be contributing to a wider humanitarian cause.

Cat Smiley is an award-winning body transformation specialist and owner of Canada's premiere weight-loss retreat for women, Whistler Fitness Vacations. A former world-class skier, she is a philanthropist, nutritionist, and master trainer.

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