



## **The Skinny Sirtfood Diet Recipe Book: Activate your skinny gene and lose up to 7lbs in 7 days!**

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## The Skinny Sirtfood Diet Recipe Book

**Activate your skinny gene and lose up to 7lbs in 7 days!**

The Sirtfood diet is a revolutionary new approach to health and weight loss which has come to the fore thanks to new scientific research identifying turbocharging foods that activate the ‘skinny gene’ in all of us.

**It’s about what you CAN eat not what you can’t!**

A diet that focuses on the positive effects of healthy balanced nutrition, works in perfect tandem with your body, can result in amazing weight loss (**up to 7lbs in 7 days**), increased energy levels, increased lean muscle, general heightened well-being and rarely has you feeling hungry.

Sirtfoods are super-charging, sirtuin-activating foods that can boost weight loss, help protect against disease, counter the effects of ageing and promote good health. The top 20 list of powerful Sirtfoods are recognisable, attainable, affordable and delicious – think strawberries, rocket, cocoa, kale and chillies to name a few. Even red wine, coffee and dark chocolate make the list as highly effective Sirtfoods!

The Skinny Sirtfood Diet contains delicious, easy-to-make, calorie counted Sirtfood meals and snacks together with a 3 week planner to get you started on the ground breaking Sirtfood diet.

Give your fat-burning genes a super-boost, change the way you diet and eat forever.

*Look out for other great Skinny recipes in the series from CookNation. Browse over 50 popular low calorie titles at [www.bellmackenzie.com](http://www.bellmackenzie.com)*

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