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# The High Fat Diet: How to lose 10 lb in 14 days

*Zana Morris, Helen Foster*

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**The High Fat Diet: How to lose 10 lb in 14 days** Zana Morris, Helen Foster
This groundbreaking new book rewrites the rules of effective weight loss to reveal the real secret to rapid and sustained weight loss: quite simply, to burn fat, you need to eat fat.

Over the last 12 years leading trainer Zana Morris has helped thousands of clients get the results they want with her unique diet and exercise plan. Now in this book she makes it available to everyone for the very first time. Backed by the latest science showing that the right fats are healthy and aid weight loss not weight gain, *The High Fat Diet* presents a unique nutrition plan and a targeted 12-minute, high intensity workout, which together will enable you to get the results you want - and fast! www.highfatdiet.co.uk

- 14-day diet plan filled with delicious, healthy fats. You'll never feel hungry and will fuel your body with the nutrients it needs to burn fat and shed weight. Includes easy-to-prepare recipes and indulgent meal suggestions.

- Unique 12-minute, high intensity exercise programme you can do in the gym or at home. Includes stylish photographs, tips on technique and answers to common questions.

- 14-day maintenance plan after completing the initial 14 days to keep you on track.

- Advice on motivation, visualisation and goal-setting so your mind and body work together.

Simple and highly effective, *The High Fat Diet* will ensure you burn fat, not muscle, as you get rid of your unwanted pounds. It is the only book you need to get the body you want.

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