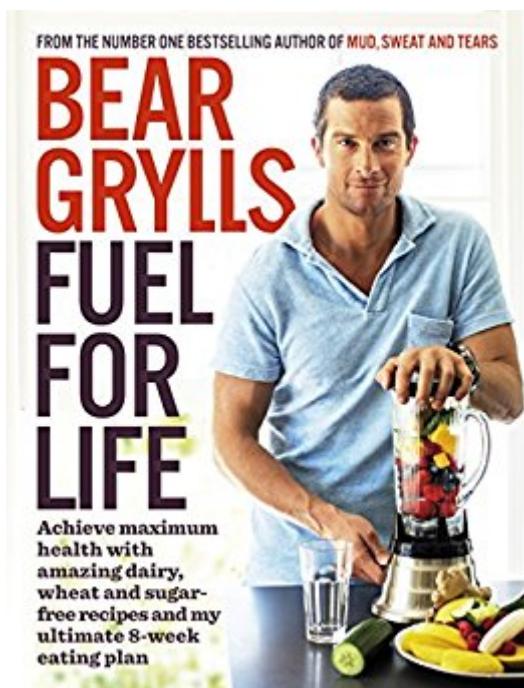


The book was found

Fuel For Life: Achieve Maximum Health With Amazing Dairy, Wheat And Sugar-free Recipes And My Ultimate 8-week Eating Plan



Synopsis

*Achieve maximum health with Bear's amazing dairy, wheat and sugar-free recipes and ultimate 8-week eating plan*In Fuel for Life, Bear Grylls introduces his revolutionary approach to nutrition and teaches you what to eat to ensure your body is performing at its best. But if you think nutrition means boring, complicated and tasteless meals, think again. Because Bear shows how cheesecake, pizza and burgers can be made ultra-healthy and ultra-delicious!Packed with comprehensive advice on ingredients, Bear's book dispels many common nutritional myths and includes over 70 simple, mouth-watering recipes. Bear's encouraging and practical guidance will motivate you to try new foods and to think differently about the way you eat. Free from wheat, gluten, dairy and refined sugar, this is delicious, natural and wholesome food that you and your body will love. Fuel for Life will help you feel healthier, happier, stronger and more energized, and will nourish your body for maximum success and long-term health.

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Customer Reviews

cant wait to do some of the recipes ,

Going back to basics feed the body good fuel and mind and muscle will evolve naturally

The recipe's are delicious and the book has been inspiring to keep me focused on putting "good fuel" into my body to feel healthier.

It gets two stars because it shipped fast and the pictures of the recipes are very nice, other than that I recommend that you do not buy this book. It does not deliver what is stated on the front cover. It says that there is an eight week eating plan. In one sentence I will tell you what that eating plan is: Week 1 cut the caffeine, week 2 no dairy, week 3 no cheese, week 4 no salt and sugar, week 5 & 6 no wheat or gluten, week 7 no bad oils, week 8 no meat and fish. That's it! That's not a plan that's a lecture on what not to eat. The recipes looked okay, but I've seen so many of them before; an example being the KALE Chips: a bag of kale, some salt, some olive oil. roast in a low heat oven for 8-12 min. BAM! kale chips. I don't know what I was expecting from Bear Grylls, but I thought he would give us something unique. This is not unique. It is bland and he assumes his audience are idiots. I certainly felt like one after reading this.

I love Bear Grylls but not his recipes. I consider myself to be healthy but he takes it to an extreme. He really likes yeast flakes and coconut oil.

Great menu items and hardy recipes!

Bear is amazing as is this book

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