

SELF-SUPPORT PRACTICES AND RECIPES

**LEAN
FOR
LIFE
NUTRITION**

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THIS IS A GUIDE TO SUPPORT YOU ON YOUR HEALTHY JOURNEY

First, thank you for picking up a copy of my latest book. I'm looking forward to supporting you on your health and nutrition journey.

Since I started working with clients on improving their overall health through nutrition, I've been overwhelmed by the response and results.

But one suggestion kept cropping up: "Evie, I'd love if you could compile all of this information into a book I could use at home. And some simple recipes would be great, too!"

So this book has come about as a direct result of this feedback from my clients.

It contains both supportive practices (Part 1) and interesting, simple recipes (Part 2). While the practices are self-explanatory, I've included some infographics to make them easier to follow.

When following the recipes, I recommend having a weighing scales to hand. Accurate measurements are essential for consistent results. Also, I'll show you how to keep an eye on the nutritional values (Kcals) for each recipe.

I really hope you find this guide helpful. If you have any queries or feedback, I'd love to hear from you. You can email me any time on evie@evieflynn.com.

Evie



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