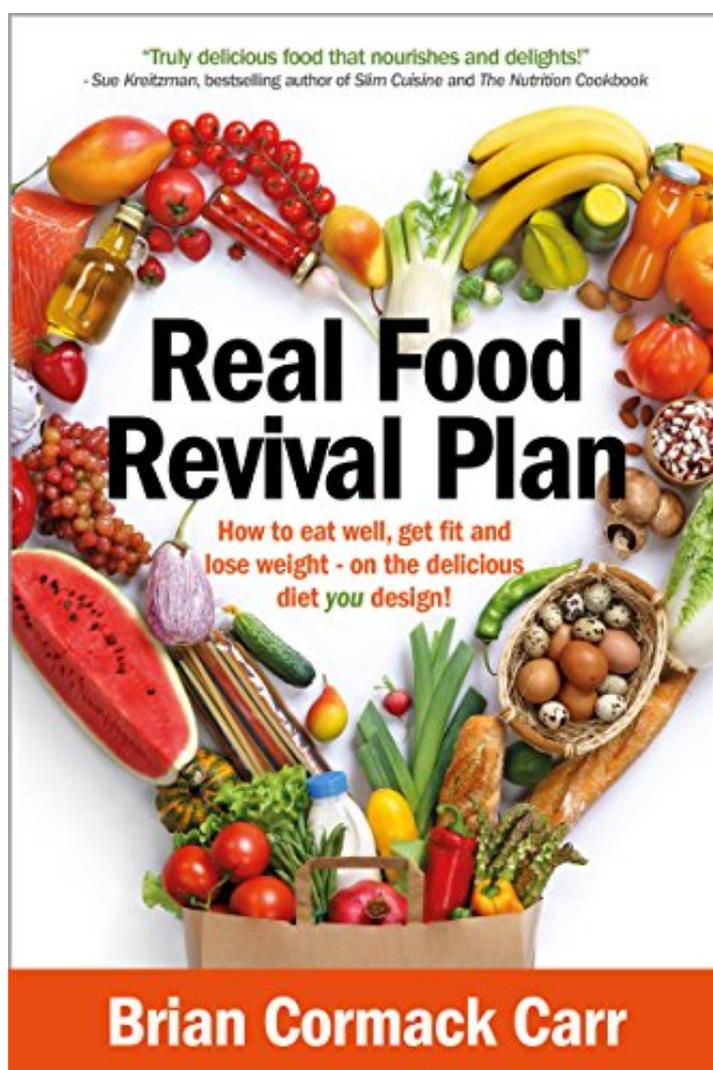


# Real Food Revival Plan: How to eat well, get fit and lose weight - on the delicious diet YOU design!

*by*

**Brian Cormack Carr**



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## Synopsis

Want to lose weight? Nonplussed about nutrition? Unsure of how to exercise? AT LAST, A FOOD AND FITNESS GUIDE FOR ORDINARY PEOPLE! Say farewell to fad dieting with Real Food Revival Plan. This groundbreaking book presents a revolutionary new approach to good food and physical fitness – one in which you become the author of your own path to a lifetime of better eating and improved wellbeing. Now you can create a personally-tailored nutrition and exercise plan that will help you shed pounds, drop inches, and build better health – all while feeling well-fed and well-nourished on a diet of delicious real food. LEARN HOW TO:

- Design your own ideal diet based around your favourite tastes
- Replace processed and fattening junk with real, fresh, delicious meals
- Fill yourself up without making yourself fat
- Cook and eat healthily - whether you're an omnivore, vegetarian or vegan
- Enjoy guilt-free treats and snacks
- Get fit - with surprisingly little effort, and no matter how out-of-shape you are now!

It's time to opt out of the obesity epidemic forever. With Real Food Revival Plan, you can fight back against the forces that have conspired to keep you fat, including junk foods, diet fads, peer pressure, bad science, biased food gurus, faulty fitness advice, and your own unconscious bad habits. Packed with sound, science-based advice, delicious recipes, and highly effective exercise suggestions, Real Food Revival Plan offers safe, easy and effective strategies for making positive lifestyle changes. Get ready to take charge of your weight, your fitness and your health – once and for all!

INCLUDES:

- More than 60 Real Food Recipes with options for vegetarians and vegans, advice on stocking your kitchen and pantry, and top tips for finding healthy choices when eating out
- Illustrated information on building The Four Elements of Fitness
- A Weekly Tracker for plotting the path to your food and fitness goals
- Inspiring guidance on how to finally get (and stay) motivated!

PRAISE FOR REAL FOOD REVIVAL PLAN:

“Millions of people in the developed world have lost their way when it comes to nutrition, led astray by the Big Food, Big Diet, and Big Drug industries. If you are one of those who has forgotten, or never learned how to eat, Brian Cormack Carr's Real Food Revival Plan just may be your roadmap back to a diet of real, whole, living food and to vibrant health.”- Nancy Deville - Author of *Death by Supermarket* and *Healthy, Sexy, Happy: A Thrilling Journey to the Ultimate You*

“Brian Cormack Carr is my culinary spiritual successor. He has grasped the concept of truly delicious food that nourishes and delights, without causing myriad health problems. And I learned something: smoked garlic powder - who knew?? Thank you Brian!”- Sue Kreitzman - Bestselling author of *Slim Cuisine*, *The Nutrition Cookbook* and *Cooking for Health*

“This book is a breath of fresh air in a veritable morass of books on the subject. Where others preach, this book teaches. Where others espouse a diet regime, this book explains how each of us needs to match our individual needs to a diet that works for us. It is broken down into courses and morsels of easily digestible information. This is a book too for people who enjoy their food and who are interested in how it is sourced and best consumed. It is a book to be savoured and a gastronomic recipe for those who want a successful relationship with what they eat.”- Tom Evans - Author of *Mindful Timeful Kindful* and

Flavours of Thought: Recipes for Fresh Thinking

### **Sort review**

About the Author **BRIAN CORMACK CARR** is a personal performance coach who specializes in helping creative and socially-conscious people get past their blocks so they can find fulfilling ways to share their gifts with the world. He is the author of *Real Food Revival Plan* and the bestselling career guide *How To Find Your Vital Vocation* and is chief executive of BVSC The Centre for Voluntary Action, a leading local charity which supports community groups and volunteers to make positive changes in society. --This text refers to the paperback edition.

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## What people say about this book

Latrell Ross, "This book contains everything you need for a successful transition to a healthy lifestyle.. This is it. This is the book you've been looking for if you are overwhelmed, confused, out of shape and searching for the real answers to get your weight and health on track. Brian has compiled all of the information you need to make empowered choices in regards to your eating. A quiz is included to help you determine where you truly struggle, this way, you'll know, without a doubt, how to apply all of this great information to your life. Brian walks you through every aspect of reasonable, healthy, weight loss. Recipes are included, so there is no guess work. Everything is clearly presented and sited. Brian did his research and includes his own story. He gets it. He's been there and this book is a culmination of everything he has learned on his journey to a healthy lifestyle. Let him help you. You owe it to yourself. Add this book to your library."

Leanne, "this works, I am proof of that. I have lost over 90 pounds of fat. Gone from busting out of size 22, to a 12, following what this book suggests. It is an easy to read format, down to Earth plan that will have your whole family living a healthier life. It is not complicated and very common sense."

Ebook Tops Reader, "Interesting, Well-Written Book with Options for Vegans. This is a very interesting, well-written book by a talented writer. I recommend it for those who are looking to make some changes for their health. As a dedicated vegan, I appreciate that there are options for veganizing the Real Food Revival Plan. While the book isn't "pro vegan" by any means, it is neutral at best towards the lifestyle, and it very much encourages more fruits, vegetables, beans, and grains. I do disagree with some points in the book. Although I'm a vegan for ethical reasons, there is evidence that a plant-based diet can offer significant health benefits. One of the keys to thriving on a vegan diet (or any diet) is to be sure to get adequate nutrition, and the author of the book seems to have only tried veganism for a few weeks before assessing it. I would recommend further reading on veganism before making a decision based on the writer's experience. Although vegan gurus were mentioned under the part about cognitive bias, the book ironically leaves out several studies that point to the health benefits of a vegan diet. While I disagree with several things stated in the book, I can appreciate that it is a genuine account from the writer and very much worth the read! I am very glad I did. I hope that the author writes more books as I would be interested in reading them."

Julie C., "Informative and enjoyable. This is an ideal book for anyone who is weary of endless conflicting food advice. I found the detailed information about different food groups fascinating - plus the author's down to earth, humorous style makes it a very enjoyable read. His personal experience of trying many different diets over the years sounds very similar to my own. I've had huge issues with food lately, and the description of how we are influenced by different diet gurus

- "ping-ponging" from one way of eating to another - really resonated with me. After various phases of being gluten-free, grain-free, dairy-free, meat-free, sugar-free (etc, etc...) I must admit it was a challenge to start eating certain previously "banned" items. But it now seems painfully obvious - to stick with simple, unprocessed, REAL food! This book has been a real gift to me - it is helping to end my confusion and guilt around everything I eat, along with my tedious urge to write down pointless food lists. Highly recommended."

nona, "real food revival plan. Excellent, well researched book with good advice. I have read many food/health books and this one just about covers it all!! Great to see it is written by a Brit too, although would be equally suitable for USA readers too of course. Hope this author writes a stand-alone recipe book too as the recipes are squeezed in the middle of the book and so not too easy to use in the kitchen. Like the fact a recommended book list is included, something not enough authors provide."

Hedzy, "Good starter book.. Liked to idea of this but still not read it yet."

Mar, "Buy this book!. Fabulous book with great recipes! Love it!"

Carol Bruneau, "Brimming with information and facts, but an easy read. I feel revived!. A well researched, and easy to understand, guide book for anyone looking to push through the "diet" hype and hoopla. Brian shows you how easy it is to nourish your body with the right amount of real food choices that you like to eat, explains what real food is, and provides a lot of recipes to get you started. He also illustrates how fitness and food combine to provide a healthy lifestyle you can enjoy forever, again showing you a lot of exercise options. This an action plan book, a reference book, a cook book, and an exercise book all rolled into one. It is a book I will keep on my kitchen counter to refer back to often."

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