



## The banting pocket guide (Paperback)

By Tim Noakes, Bernadine Douglas, Bridgette Allan

Penguin Books (SA) (Pty) Ltd, South Africa, 2017. Paperback. Condition: New. Language: English . Brand New Book. In partnership with The Noakes Foundation and the Eat Better South Africa! initiative, the bestselling The Banting Solution is now in an easily accessible format! Due to readers requests for more basic recipes and a user-friendly format, The Banting Solution is now available in a size that fits every pocket. This little guide will provide all the tips and advice you need with which to start, successfully conclude and maintain your Banting lifestyle. The Banting Pocket Guide includes a chapter from Banting s most respected and passionate supporter, Prof. Tim Noakes; answers your most pressing questions; busts the myths that have cropped up around Banting; provides helpful meal plans, Banting-friendly food lists and recipes; teaches you how to Bant on a budget, making this lifestyle accessible to everyone; and much, much more. Most importantly, it teaches you how to get rid of those unwanted kilos and keep them off forever! Easy to pop into your handbag or pocket, The Banting Pocket Guide is set to kick-start your new Banting lifestyle!.

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