

## Recommended Recipe Books...

To help you eat a wide variety of foods each day, try some of the recipes in these great recipe books! Enjoy...

### General Healthy Eating & Weight Management

Busy Body Cookbook	-	Catherine Saxelby
Cooking with Conscience	-	Michelle Truite
CSIRO Wellbeing Diet	-	CSIRO
Enjoy too recipe book	-	Sally James
Gutbuster Recipes	-	Rosemary Stanton
Gutbuster Weight Loss Guide	-	Rosemary Stanton/Gary Eggar
Healthy Eating – Family Favorites	-	Heart Foundation
Rosemary Stanton's Healthy Cooking	-	Rosemary Stanton
The Diet Dilemma	-	Rosemary Stanton

### Low Fat

Easy Diet Cookbook – The Low Fat Way	-	Rosemary Stanton
Light and Lean	-	Women's Weekly
Low Fat Quick Meals for Blokes	-	Egger / Freeman
Simply Too Good to be True (series)	-	Annette Sym
Sweet Sensations	-	Virginia Hill/Lorna Garden
Tasty Low Fat Recipes	-	Family Circle
Woman's Weekly Low Fat Meals in Minutes	-	Women's Weekly
Women's Weekly Best Ever Slimmers Recipes	-	Women's Weekly
Women's Weekly Low Fat Cooking	-	Women's Weekly

### Low Glycaemic Index

GI Revolution/GI Factor (series)	-	Brand / Foster
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### Heart Health

Good Fats, Bad Fats – Mini guide	-	Rosemary Stanton
Heart Foundation Cookbook	-	Heart Foundation
Women's Weekly Healthy Heart Cookbook	-	Women's Weekly

### Athletes

Eating for Peak Performance	-	Rosemary Stanton
Survival Around the World	-	Australian Institute of Sport
Survival for the Fittest	-	Australian Institute of Sport
Survival from the Fittest	-	Australian Institute of Sport

Courtesy of... [complete performance solutions . com](http://completeperformance.com)

For a nutrition & exercise program just for you, call Leanne on 0402 076 311