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The Dirty Diet – ditch the guilt, love your food  
The news is out – my next non-fiction book is called The Dirty Diet: ditch the guilt, love your food– and it's about eating the foods you love, not feeling guilty about grains or downbeat about dairy, and using the latest

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scientific research to reach and maintain your perfect weight.

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WHILST eating cheese and drinking  
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Book series, comes the brand new 4-week plan that will have you losing weight for good - without cutting out the foods you love. The Dirty Diet combines the revolutionary successes of fasting with the latest scientific findings about gut health.

**The Dirty Diet: Ditch the guilt, love**

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Advice, support & recipes for followers of the 5:2, ADF and fast diets. Videos, supportive forums, reviews, free downloads and food ideas for men and women worldwide trying intermittent daily fasting for weight loss, better health and more energy. Site written by

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Kate Harrison author of The 5:2 Diet Book but also suitable for followers of the Fast Diet by Dr Michael Mosley of BBC Horizon, The ...

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Deal: The Dirty Diet: Ditch The Guilt, Love Your Food Paperback \$3.56 + Delivery (\$0 w/ Prime/ \$39 Spend) @ Amazon AU, Store: Amazon AU, Category: Books & Magazines \$12+ elsewhere. From Kate Harrison, the bestselling author behind the 5:2 DIET

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with the healthy foods.

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The most convenient, lazy keto foods to enjoy on a dirty keto diet: DAIRY – Full-fat conventional dairy which includes cheese, heavy cream, cream cheese, and butter. But you can also include

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cheese in a tube, spray cheese, cheese sticks, and other highly processed forms of cheese. MEAT - Any processed or packaged meat and seafood.

## **Discover What Is Dirty Keto - Ditch The Carbs**

GET STARTED - do these 3 THINGS to ditch the carbs ... and live your best life.

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From Kate Harrison, the bestselling author behind the 5:2 Diet Book series, comes the brand new four-week plan

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that will have you losing weight for good  
- without cutting out the foods you love.  
The Dirty Diet combines the  
revolutionary successes of fasting with  
the latest scientific findings about gut  
health. What does this mean?

## **The Dirty Diet - Kitchen Tales - A Cookery Blog**

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gut health.

## **The Dirty Diet on Apple Books**

The often embraced 'cheat day' is a common theme in many diets and the popular ketogenic diet is no exception. But new research says that just one 75-gram dose of glucose -- the equivalent a large ...

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## **On the keto diet? Ditch the cheat day: Just one dose of ...**

Personalising the Dirty Diet is easy and enjoyable. Work through this chapter – you can also download a printable copy from the Dirty Diet website. There are three stages to creating your Blueprint:

1. You today: your weight,

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measurements, calorie needs, habits and symptoms. 2. You in the future : work out why you want this, and how

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