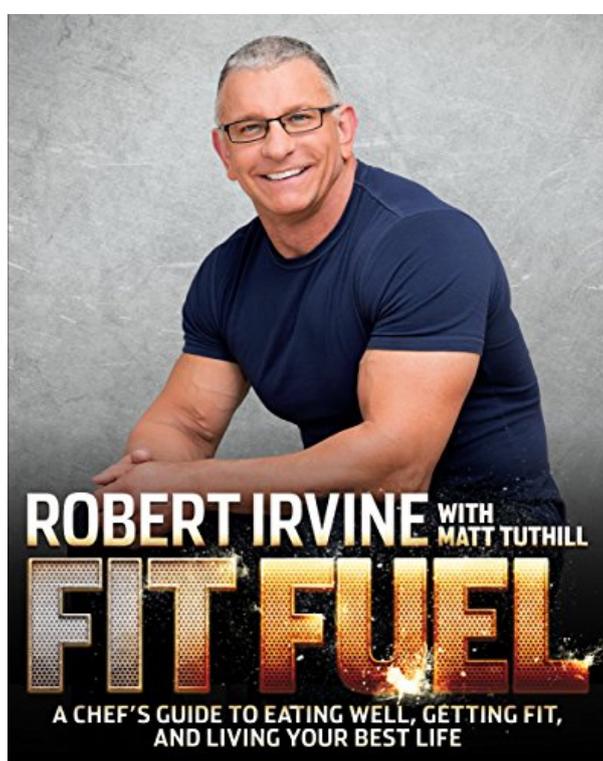
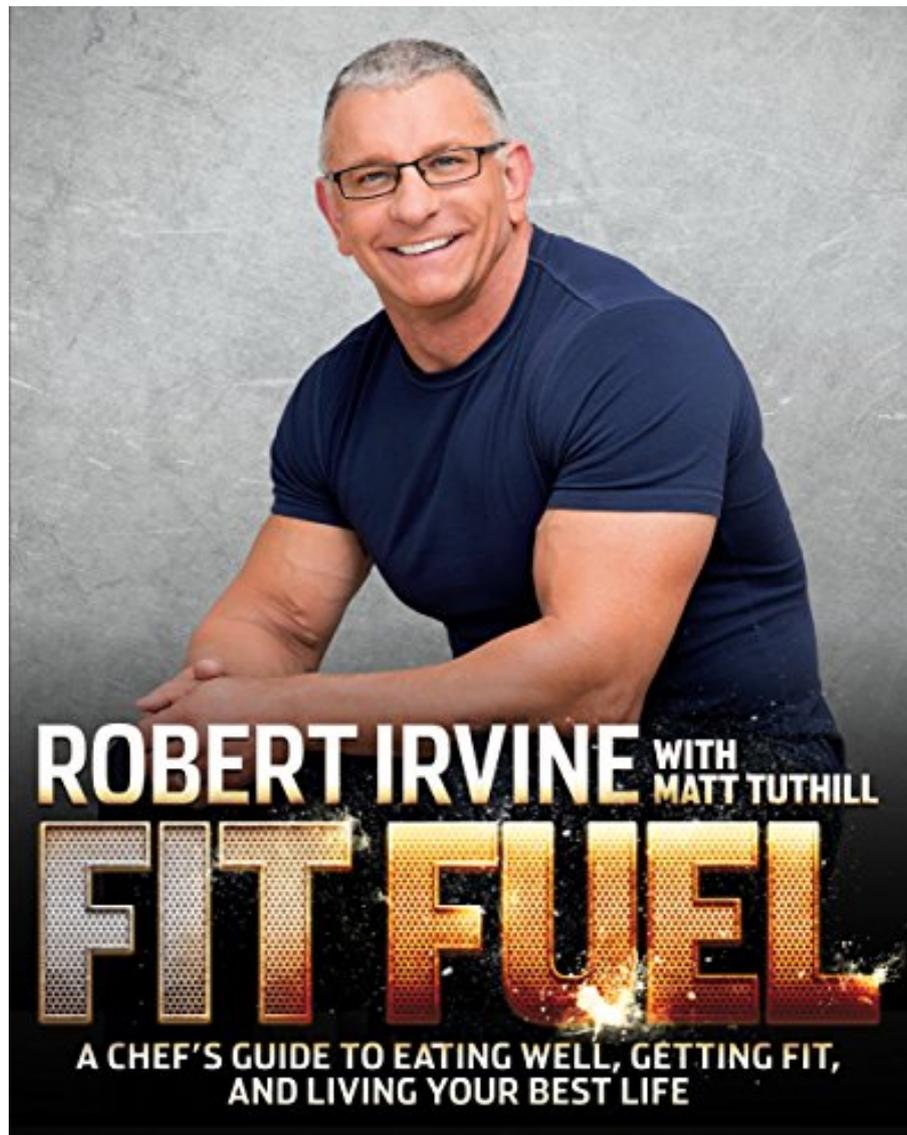


FIT FUEL: A CHEF'S GUIDE TO EATING WELL, GETTING FIT, AND LIVING YOUR BEST LIFE BY ROBERT IRVINE, MATT TUTHILL



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Review

This book is aimed at you and me, the everyday people who struggle with meeting their diet and exercise goals amidst a world of high stress and fast food. Irvine brings his I m harsh because I care flair to the book in an effort to help you maximize your fitness and finally reach your own personal mountaintop. While Irvine has done cookbooks before (two to be exact), this marks his first all-around fitness publication. And I think the medium fits him quite well. The thing about Chef Irvine is that you can easily boil his philosophies down into tiny soundbites and reflect on them long past your initial introduction. This isn't because what he espouses is basic or easy it's because he's smart enough to demystify complexity and deliver exactly what you need when you need it. --Joel Higgins, BookTrib.com

Irvine and Tuthill live this lifestyle and know how to make nutrition for it appealing. I got a lot of great ideas flipping through these pages and I thought I already knew how to make clean food gourmet. I guess I'll have to add a few more recipes to my repertoire. Great work all around! A must-read for people who can't stay on track with with their diets. --Sean Hyson, Training Director, Muscle & Fitness and Men's Fitness

About the Author

With more than 25 years in the culinary profession, there aren't many places Chef Robert Irvine hasn't cooked or challenges he hasn't had to cook his way out of. During his time in the British Royal Navy and in the years that followed, Robert has cooked his way through Europe, the Far East, the Caribbean and the Americas, in hotels, on the high seas and even for the Academy Awards; and that was before his career in TV. As the host of one of the Food Network's highest rated shows, *Restaurant: Impossible*, going on it's 12th season, Robert is best known for saving struggling restaurants across America by assessing and overhauling the restaurant's weakest spots.

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With the release of Fit Fuel: A Chef's Guide to Eating Well, Getting Fit and Living Your Best Life, Robert Irvine, translates his tough love tactics from the restaurant owner to the every day man and woman.

Developed from the lifetime of training and nutritional knowledge of Chef Irvine, with support from distinguished fitness writer Matt Tuthill, Fit Fuel is designed to inspire the countless individuals who find themselves struggling to find the motivation to reach their personal health and fitness goals. The book is segmented into three distinct sections, the first of which examines the mental aspect of goal setting, habit forming and long-term maintenance. Here, Chef Irvine provides encouraging, digestible ideas of how to change the way we see and think about food, our selves, and our own unlimited potential. Just as he's done in season after season of Restaurant Impossible, Chef Irvine provides readers with the same no-excuses encouragement and mental coaching in Fit Fuel, motivating with tools, resources and inspiration every step of the way.

The second section of the book focuses on training, with an easy-to-follow plan, demonstrated through A and B photography and well-defined techniques that the 49-year-old British Royal Navy veteran considers fundamental to his own lean and muscular physique.

In its final section, Fit Fuel goes on to reveal recipes for breakfast, lunch, dinner, and dessert, all illustrated with realistic photography and step-by-step instructions. Few dishes or main ingredients are overlooked, despite their unmerited reputations as no-no foods. From pancakes to salads, beef to fish, Chef Irvine challenges the idea of good vs. bad as it pertains to the everyday diet, even sharing a handful of recipes to satisfy sweet tooth and emphasize the fact that healthy eating does not require deprivation.

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Most helpful customer reviews

23 of 23 people found the following review helpful.

Not just another diet/exercise book

By Amazon Customer

First off, let me say how pleasantly surprised I was at the size and quality of the book itself. The pictures really pop off the page and there's a great weight to the book itself.

Let me say that I'm still in the process of reading it, but I can already see the benefits of keeping this book on the coffee table and using it time and time again as a source of reference.

I really enjoy the mind-body element of the book and how readers are encouraged to change from within before making any physical changes. For me, this is what separates this book from all of the other diet/exercise books out there.

The recipes are easy to follow and the pictures look great (and real!). The shopping tips are great! The exercise section really has something for everyone. Bodybuilding, powerlifting, cardio, HIIT, and time saving workouts.

I would highly recommend this book and can honestly say I will be coming back to this book over and over! Well done!

10 of 10 people found the following review helpful.

FITFUEL is a must read! Its benefits are endless.

By Diana M Palumbo

By Doug Palumbo

My wife and I received our copy of FITFUEL and started reading it. It's really hard to put this book down! FITFUEL is a tremendous wealth of knowledge! Such an easy read leaving you captivated and wanting more. Photos and explanations are spot on. The benefits from Chef Irvine's life long passion for staying fit and eating healthy are endless. His book is truly a life changer! Really well done Chef Irvine! You are an amazing and talented man. Thank you for sharing your life's journey with all of us.

"AMAZING BOOK"

Sincerely,

Doug Palumbo

9 of 10 people found the following review helpful.

Never fall off your diet again

By Sean Hyson

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