



# **The Sirtfood Diet Recipe Book: Over 100 Delicious Calorie-Counted Recipes to Burn Fat, Lose Weight and Get Leaner!**

*Jane Wright*

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**The SIRTfood Diet is a revolutionary new approach to eating that is all about boosting your intake of nutritious ‘skinny gene’ activating foods to kick-start your ‘weight loss’ gene, restore cell function and renewal and increase lean muscle mass and rev up your metabolism!**

By eating specific foods that can activate your metabolism-boosting SIRT1 gene, you can utilise your diet to help burn off excess fat and lose weight!

The SIRTfood diet is all about incorporating these magic sirtuin-activating ‘wonder foods’ into your diet - and those super sirtuin-boosting foods include: Red wine, dark chocolate, kale, blueberries and lots more !

The SIRTfood Diet Recipe Book contains over 100 Delicious Calorie-Counted Recipes to help you Burn Fat, Lose Weight and Get Leaner!

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