

PRESS RELEASE

For immediate release
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BEST-SELLING HEALTH WRITER JACQUELINE WHITEHART UNVEILS NO-NONSENSE 28-DAY DIET BOOK

Popular cookery author Jacqueline Whitehart has today launched her 7th book, aimed at readers looking for healthy and realistic ways to shed pounds after the excesses of the festive season.

The best-selling York author has remained true to her trademark no-nonsense style with the new title: *The Metabolic Fat Loss Diet Plan*. The book is packed full of 80 practical, tasty and filling recipes aimed at real people and using ingredients you can pick up at your local shops. And the result? Losing up to a stone in 28 days.

Jacqueline has researched and compiled this book carefully, to appeal to her regular fans and attract new ones, who may be disillusioned with quick-fix fad diets and unattainable goals.

She says: "I really wanted to dispel the myth behind the old 'new year, new you' adage, in favour of a plan which is realistic, easy - and ultimately achievable. Over time, my readers have become friends and I've trusted their feedback to write this new book which focuses on fresh recipes combined with honest, useful advice and a tried-and-tested goal."

Following the success of her previous titles, which have attracted glowing reviews for providing an accessible *and* motivational guide to weight loss, this book is just the ticket for anyone looking for a realistic and effective diet plan to see them through the new year and beyond.

For Mary Beale, the book was worth waiting for:

“I can already see this book is going to become a favourite in my Jacqueline Whitehart collection. She has a knack for compiling recipes you’ll turn to again and again and the added bonus of weight loss after 28 days is the reason I’ll be enjoying a guilt-free Christmas this year.”

The Metabolic Fat Loss Diet Plan will be available to order on 27 December 2017 from [Amazon](#), priced at £6.00. To order an advance copy email press@52recipes.co.uk or call 0772 0033445.

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Notes to editors:

High-resolution images are available.

Photos:

- 1: Grilled Portobello Mushrooms
- 2: Parmesan Chicken
- 3: Mexican Chicken Soup

For more images, interviews or to feature a recipe from the new book, please contact Jacqueline Whitehart directly on 0772 0033445.