

New book shows how to lose weight for good

IN true Aussie vernacular, this new recipe, nutrition and advice book tells the 60-plus per cent of Australians who are overweight or obese to "pull your finger out".

50+ Recipes To Lose 50+kg . . . And Keep It Off is the latest book from wonder weight loss queen Sally Symonds, who tells her readers: "Denial is not your friend. You are fat. Do something about it."

Former James Cook University graduate Sally is a walking advertisement for her weight loss program.

Back in 2002, the then-106.5kg speech and drama teacher realised she had a major problem and proceeded to lose more than 50 per cent of her original body weight.

A determined Sally started walking and watching what she ate, losing 17kg in a single school term, and went on to shed a staggering

45kg in 33 weeks (almost 1.5 kg per week), ultimately whittling her weight down to just 53kg – from a size 24 down to a size 6.

Now a leading Australian health and fitness expert, wellness coach, healthy life mentor and personal coach, Brisbane-based Sally released her first book last year – *50 Steps To Lose 50kg . . . And Keep It Off*, and soon realised there was a market to provide healthy recipes to achieve that goal, releasing her second book last month.

Sally's new book introduces itself as the book "for everyone out there who has tried to lose weight before, following a specific diet, and failed", and actually offers more than 120 recipes for fast, healthy filling food that people can eat every day.

"My recipes are for simple everyday meals that taste good, are

healthy, and don't leave you feeling hungry," Sally said.

"My approach is not for everyone – it is not about losing fat fast, it's about losing fat for life.

"Ninety-six per cent of people who lose weight put it all back on again – and more – within just two years.

"I look at hormones and the role they play in weight loss, tied in with the importance of daily exercise. I also look at how to identify healthy foods and snacks, and all the tricks that food manufacturers play on us in terms of serving sizes and healthy ingredients etc."

Some of Sally's delicious recipes include her Seafood Spectacular (*below*), chocolate porridge, sweet potato pizza, Moroccan prawn fritters and chicken bolognaise, and sweet treats such as chocolate mousse, blueberry not-cheesecake and raspberry sorbet.

Giveaway

• **Taste** has three copies of *50+ Recipes To Lose 50+kg . . . And Keep It Off* to be won by lucky readers!

For your chance to win, just SMS your full name, suburb and contact number to the **Taste** hotline on 0416 905 540 by noon this Thursday, September 29. The winners' names will be published in the following issue of **Taste**, Tuesday, October 4. Winners of the prizes will be notified by phone.



Sally before and after

