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## THE TOTAL LIFE DIET

**Author:** Shamala Ratnesar

**Publisher:** Total Life Diet Centre

**RRP:** \$35

**Reviewer:** Nicole Fuge

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THE Total Life Diet is based on a complete nutrition, health and weight-loss program that dispels myths about dieting.

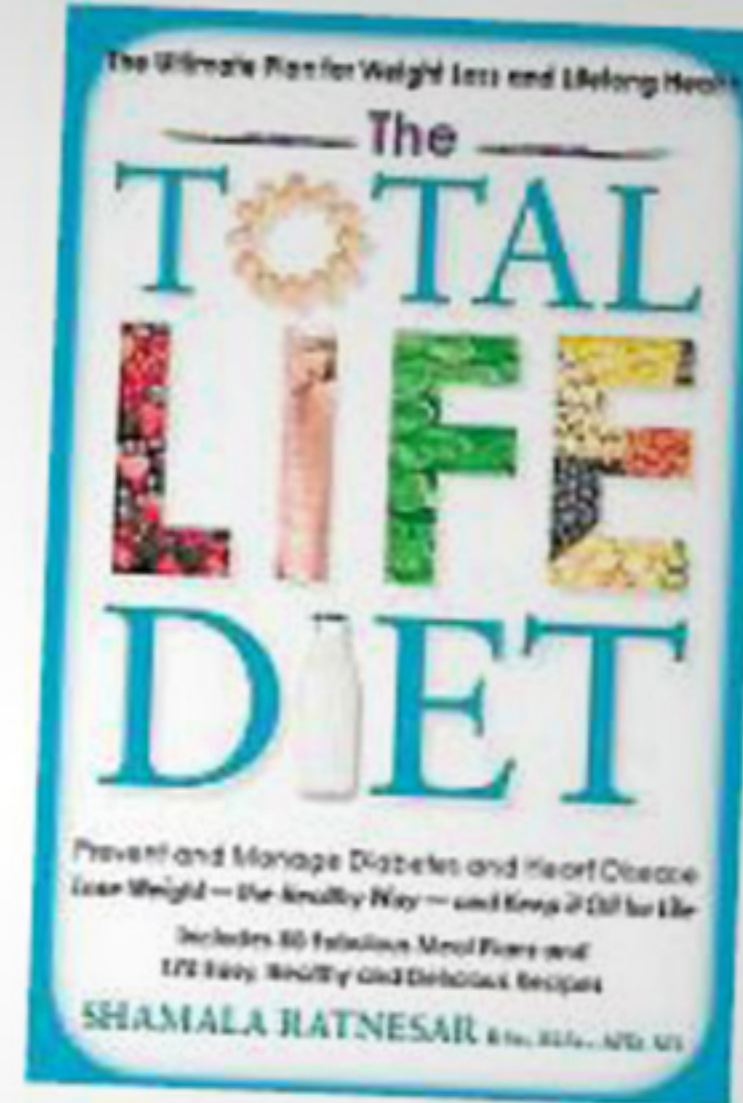
The first part of the book Healthier, Happier and Leaner for Life is about a balanced diet, omega-3, four phases of weight loss and tips for grocery shopping.

The second part is all about meal plans for weight loss, diabetes, heart disease and total health while, in the third

part, Shamala shares more than 170 recipes collected from all over the world.

Yes, some of your favourites such as pizza, burgers and black forest cake are there.

Shamala says one of the keys to losing weight and controlling blood glucose levels is understanding food quantities



and in The Total Life Diet she explains what serve sizes are.

The book is clear, easy to digest and something you'd want to have on hand

when trying to lose weight or just get healthy.

The Total Life Diet promises if you follow Shamala's simple steps you will never be hungry but you will lose weight.