



Nadia Sawalha s Little Black Dress Diet (Paperback)

By Nadia Sawalha

Octopus Publishing Group, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Nadia s Little Black Dress Diet, covering 100 recipes from Breakfast through to Dinner - not forgetting those scrumptious puddings - shows you how to make healthy yet succulent dishes to help you slip into your little black number. From quick and tasty recipes for thinner dinners and sinless snacks, Nadia gives her top tips on how to lose the weight - tricks to beat the bloat and survival tips for the party season. And once you re there, Nadia reveals how to look your finest on the day, from which shoes to wear to the correct posture to adopt, everything you need to complement the new you. This is an essential book for anyone wishing to look and feel fabulous in their LBD.

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