

fast 800 diet recipes

Fast 800 diet recipes have gained immense popularity among health-conscious individuals seeking effective weight loss and improved well-being. Rooted in the principles of the Mediterranean and low-carb diets, the Fast 800 plan emphasizes rapid weight loss through nutritious, low-calorie meals that are easy to prepare and delicious to eat. Whether you're just starting your journey or looking to diversify your meal options, incorporating a variety of flavorful recipes can make your transition to this diet both enjoyable and sustainable. In this article, we'll explore a wide array of Fast 800 diet recipes, providing you with inspiration and practical ideas to help you succeed.

Understanding the Fast 800 Diet

Before diving into recipes, it's helpful to understand the core principles of the Fast 800 diet.

What Is the Fast 800 Diet?

The Fast 800 diet is a weight loss plan developed by Dr. Michael Mosley. It combines a low-calorie, nutrient-dense approach during the initial phase (usually 800 calories per day) with a sustainable, Mediterranean-style eating pattern for maintenance. The diet focuses on high-protein, fiber-rich foods to promote satiety and stabilize blood sugar levels.

Key Components of the Diet

- Low-calorie intake (around 800 calories per day during the strict phase)
- High protein consumption to preserve muscle mass
- Inclusion of healthy fats such as olive oil, nuts, and seeds
- Abundant vegetables and some fruits
- Limited refined carbs and sugars

Essential Fast 800 Diet Recipes

Creating an engaging and diverse menu is vital for sticking to the Fast 800 plan. Below are some recipes categorized by meal type that adhere to the diet's guidelines.

Breakfast Recipes

Starting your day with a nutritious breakfast helps set a positive tone and keeps hunger at bay.

1. Spinach and Feta Omelette

- Ingredients: Eggs, fresh spinach, feta cheese, olive oil, salt, pepper
- Preparation: Whisk eggs, sauté spinach in olive oil until wilted, pour eggs over spinach, crumble feta on top, cook until set. Serve hot.

2. Greek Yogurt with Berries and Nuts

- Ingredients: Unsweetened Greek yogurt, mixed berries (strawberries, blueberries), a handful of almonds or walnuts, chia seeds (optional)
- Preparation: Combine all ingredients in a bowl for a quick, protein-rich breakfast.

3. Chia Seed Pudding with Coconut Milk

- Ingredients: Chia seeds, unsweetened coconut milk, vanilla extract, a few slices of kiwi or berries
- Preparation: Mix chia seeds with coconut milk and vanilla, refrigerate overnight. Top with fruit before serving.

Lunch Recipes

Lunch options on the Fast 800 diet focus on vegetables, lean proteins, and healthy fats.

1. Grilled Chicken Salad with Olive Oil and Lemon

- Ingredients: Grilled chicken breast, mixed greens, cherry tomatoes,

cucumber, olives, olive oil, lemon juice, salt, pepper

- Preparation: Toss salad ingredients, drizzle with olive oil and lemon juice, season to taste.

2. Vegetable Stir-Fry with Tofu

- Ingredients: Firm tofu, bell peppers, broccoli, zucchini, garlic, ginger, soy sauce (low-sodium), sesame oil
- Preparation: Sauté tofu until crispy, add vegetables and stir-fry until tender, add garlic and ginger, finish with soy sauce.

3. Cauliflower Rice Bowl with Shrimp

- Ingredients: Cauliflower rice, cooked shrimp, avocado, cherry tomatoes, lime, cilantro
- Preparation: Sauté cauliflower rice briefly, top with shrimp and chopped vegetables, garnish with lime and cilantro.

Dinner Recipes

Dinner recipes are designed to be satisfying yet aligned with the diet's caloric and nutritional goals.

1. Baked Salmon with Roasted Vegetables

- Ingredients: Salmon fillet, zucchini, bell peppers, cherry tomatoes, olive oil, herbs (dill, thyme), lemon
- Preparation: Roast vegetables with olive oil and herbs, bake salmon until cooked through, serve with lemon wedges.

2. Turkey Lettuce Wraps

- Ingredients: Lean ground turkey, garlic, onion, soy sauce, lettuce leaves, shredded carrots, sliced bell peppers

- Preparation: Cook turkey with garlic and onion, season with soy sauce, spoon into lettuce leaves with vegetables.

3. Eggplant and Chickpea Stew

- Ingredients: Eggplant, chickpeas, tomatoes, onion, garlic, cumin, paprika, olive oil
- Preparation: Sauté onion and garlic, add spices, eggplant, and chickpeas, simmer with tomatoes until flavors meld.

Snacks and Small Bites for the Fast 800 Diet

Snacks can help manage hunger between meals. Focus on nutrient-dense, low-calorie options.

- **Nuts and Seeds:** A small handful of almonds, walnuts, or sunflower seeds.
- **Raw Vegetables with Hummus:** Carrot sticks, cucumber slices, or celery with homemade or store-bought hummus.
- **Boiled Eggs:** Easy to prepare and rich in protein.
- **Olives and Pickles:** Provide healthy fats and flavor.

Tips for Preparing Fast 800 Diet Recipes

To maximize your success with these recipes, consider the following tips:

Meal Planning

- Prepare ingredients in advance to streamline cooking.
- Batch cook certain dishes to save time during busy weekdays.
- Keep a variety of vegetables and proteins on hand to prevent boredom.

Cooking Techniques

- Use healthy cooking methods such as grilling, roasting, steaming, and stir-frying.
- Limit added oils; favor olive oil or avocado oil in moderation.
- Season with herbs and spices instead of salt to enhance flavor.

Ingredient Substitutions

- Replace dairy products with plant-based options if desired.
- Use cauliflower rice instead of traditional rice to reduce carbs.
- Incorporate seasonal vegetables for freshness and variety.

Conclusion

Implementing a variety of delicious and nutritious Fast 800 diet recipes can make your weight loss journey more enjoyable and sustainable. From hearty breakfasts to satisfying dinners, focusing on whole, unprocessed ingredients will help you stay on track while nourishing your body. Remember to plan your meals, prepare ingredients in advance, and experiment with flavors to keep your diet interesting. With dedication and the right recipes, achieving your health goals through the Fast 800 plan is entirely within reach.

By integrating these recipes into your daily routine, you'll not only shed excess weight but also develop healthier eating habits that can benefit you long-term. Embrace the flavors, enjoy the process, and watch your health transform!

Frequently Asked Questions

What are some quick and easy recipes for the Fast 800 diet?

Popular quick recipes include scrambled eggs with spinach, grilled chicken salad, and spicy vegetable stir-fry. These meals are high in protein, low in carbs, and can be prepared in under 15 minutes.

Are there vegetarian options for Fast 800 diet recipes?

Yes, vegetarian options include chickpea salads, roasted vegetable bowls, and eggplant stir-fry. These recipes are rich in fiber and protein, aligning with the diet's low-carb principles.

Can I incorporate smoothies into the Fast 800 diet?

Absolutely! Low-sugar smoothies made with spinach, berries, and unsweetened almond milk are great for quick, nutritious meals or snacks while following the Fast 800 plan.

What are some breakfast recipes suitable for the Fast 800 diet?

Suitable breakfast options include scrambled eggs with vegetables, Greek yogurt with nuts and berries, or avocado on whole-grain toast. These meals are filling and low in carbohydrates.

Are there any recommended snack recipes for the Fast 800 diet?

Healthy snack ideas include nuts and seeds, sliced cucumbers with hummus, or boiled eggs. These snacks help maintain energy levels without exceeding carb limits.

How can I make the Fast 800 recipes more flavorful?

Use herbs, spices, lemon juice, and garlic to add flavor without extra calories or carbs. Fresh herbs like cilantro or basil can also enhance taste naturally.

Are there any dinner recipes that are quick to prepare for the Fast 800 diet?

Yes, quick dinners include grilled salmon with steamed vegetables, chicken stir-fry with broccoli, or zucchini noodles with tomato sauce—all prepared in under 30 minutes.

Where can I find the best resources for Fast 800 diet recipes?

Official books by Dr. Michael Mosley, reputable health websites, and dedicated diet blogs offer a wide range of recipes tailored for the Fast 800 plan.

Additional Resources

Fast 800 Diet Recipes: A Comprehensive Guide to Nourishing Your Body While Shedding Pounds

Fast 800 diet recipes have taken the health and wellness world by storm,

offering an effective and sustainable approach to weight loss and improved metabolic health. Rooted in the principles of intermittent fasting and nutrient-dense eating, this regimen emphasizes quick, flavorful meals that keep hunger at bay and energy levels high. Whether you're a busy professional, a fitness enthusiast, or someone seeking a manageable way to improve your health, mastering a variety of fast 800 diet recipes can make your journey both enjoyable and successful.

The Philosophy Behind Fast 800 Diet Recipes

Before diving into specific recipes, it's important to understand the core philosophy that guides the Fast 800 diet. Developed by Dr. Michael Mosley, this approach combines a low-calorie, nutrient-rich diet with intermittent fasting principles. The goal is to promote rapid fat loss, improve blood sugar control, and boost overall vitality, all while ensuring nutritional adequacy.

The diet typically involves consuming around 800 calories per day during the initial phase, focusing heavily on lean proteins, vegetables, healthy fats, and minimal processed foods. As you progress, meal plans gradually transition toward a more sustainable, balanced diet, but the foundation remains rooted in simple, wholesome recipes.

Key Components of Fast 800 Recipes

Fast 800 diet recipes are characterized by several key features that make them both effective and appealing:

- Low Calorie, Nutrient-Dense Ingredients: Incorporating vegetables, lean proteins, and healthy fats to maximize nutrition without exceeding calorie limits.
- High Protein Content: Proteins help preserve muscle mass during weight loss and promote satiety.
- Fiber-Rich Foods: To aid digestion and maintain fullness.
- Minimal Carbohydrates and Sugars: Especially refined carbs, to stabilize blood sugar levels.
- Flavorful and Varied: Using herbs, spices, and condiments to keep meals interesting despite calorie restrictions.

Essential Fast 800 Diet Recipes for Beginners

Starting your Fast 800 journey involves mastering a handful of versatile recipes that can be easily prepared and customized. Here's a look at some foundational options:

1. Scrambled Eggs with Spinach and Tomatoes

A quick, nutrient-packed breakfast or lunch option.

Ingredients:

- 2 eggs
- 1 cup fresh spinach
- $\frac{1}{2}$ cup cherry tomatoes, halved
- 1 teaspoon olive oil
- Salt and pepper to taste

Preparation:

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add cherry tomatoes and cook until soft.
3. Stir in spinach until wilted.
4. Beat eggs and pour into the skillet.
5. Stir gently until eggs are cooked through.
6. Season with salt and pepper.

Nutritional Highlights: High in protein, packed with vitamins A, C, and K, and rich in antioxidants.

2. Grilled Chicken Salad with Lemon and Herbs

A satisfying, low-calorie lunch or dinner.

Ingredients:

- 150g chicken breast
- Mixed salad greens
- $\frac{1}{2}$ cucumber, sliced
- 1 tablespoon olive oil
- Juice of 1 lemon
- Fresh herbs (parsley, basil)
- Salt and pepper

Preparation:

1. Season chicken with herbs, salt, and pepper.
2. Grill or pan-fry until cooked through.
3. Slice chicken and serve atop greens and cucumber.
4. Drizzle with olive oil and lemon juice.

Nutritional Highlights: Rich in lean protein, antioxidants from herbs, and healthy fats.

3. Vegetable Stir-Fry with Tofu

A plant-based, low-calorie dish that's quick to prepare.

Ingredients:

- 200g firm tofu, cubed
- Assorted vegetables (bell peppers, broccoli, snow peas)
- 1 tablespoon soy sauce (low sodium)
- 1 teaspoon sesame oil
- Ginger and garlic, minced

Preparation:

1. Sauté tofu in a non-stick pan until golden; set aside.
2. In the same pan, add garlic and ginger, cook briefly.
3. Add vegetables and stir-fry until tender-crisp.
4. Return tofu to the pan, add soy sauce and sesame oil.
5. Toss to combine and serve hot.

Nutritional Highlights: High in plant-based protein, fiber, and antioxidants.

Advanced Recipes for Varied Flavors and Nutritional Balance

Once familiar with basic recipes, you can expand your repertoire with more complex, flavorful dishes that still adhere to Fast 800 principles.

1. Lemon Herb Baked Cod with Roasted Vegetables

Ingredients:

- 200g cod fillet
- Lemon slices
- Zucchini, bell peppers, cherry tomatoes
- 2 teaspoons olive oil
- Fresh thyme or rosemary
- Salt and pepper

Preparation:

1. Preheat oven to 200°C (392°F).
2. Season cod with herbs, salt, pepper, and lemon slices.
3. Toss vegetables with olive oil and herbs.
4. Arrange cod and vegetables on a baking tray.
5. Bake for 15-20 minutes until fish is flaky and vegetables are tender.

Nutritional Highlights: Rich in omega-3s, vitamins, and minerals essential for health.

2. Zucchini Noodles with Pesto and Grilled Shrimp

A low-carb pasta alternative that's full of flavor.

Ingredients:

- 2 zucchinis, spiralized

- 100g cooked shrimp
- 1 tablespoon pesto (preferably homemade or low-calorie)
- Cherry tomatoes
- Olive oil

Preparation:

1. Sauté zucchini noodles in a little olive oil for 2-3 minutes.
2. Toss with pesto and cooked shrimp.
3. Garnish with cherry tomatoes and fresh basil.

Nutritional Highlights: Low in calories, high in healthy fats, and rich in antioxidants.

Tips for Success with Fast 800 Recipes

To maximize the benefits of these recipes, keep in mind the following tips:

- Meal Planning: Prepare ingredients in advance to streamline cooking during busy days.
- Portion Control: Use a kitchen scale or measuring cups to ensure you stay within calorie limits.
- Variety is Key: Rotate recipes to prevent boredom and ensure a broad spectrum of nutrients.
- Flavor Enhancement: Use herbs, spices, lemon, vinegar, and other low-calorie flavorings to keep meals exciting.
- Stay Hydrated: Drink plenty of water, herbal teas, or black coffee to support metabolism and satiety.

Transitioning from the Fast 800 to Long-Term Healthy Eating

While the initial phase emphasizes low-calorie recipes, the long-term sustainability of the Fast 800 diet involves gradually incorporating more calories and food groups. Recipes evolve into balanced meals that include complex carbs, healthy fats, and a wider variety of fruits and vegetables. The skills learned during the recipe phase—such as seasoning, meal prepping, and flavor balancing—serve as a foundation for maintaining a healthy lifestyle.

Conclusion: Embracing a Delicious and Nutritious Lifestyle

The beauty of *fast 800 diet recipes* lies in their simplicity, nutritional value, and adaptability. They enable you to enjoy satisfying, flavorful meals without feeling deprived, all while supporting your weight loss and health goals. Whether you're preparing a quick breakfast scramble or a sophisticated baked fish dish, these recipes prove that healthy eating can be both

delicious and straightforward.

As you explore and personalize these recipes, remember that the key to success with the Fast 800 diet is consistency, variety, and enjoyment. By incorporating these recipes into your routine, you're not just shedding pounds—you're cultivating a healthier, more energized you.

Fast 800 Diet Recipes

fast 800 diet recipes: The Complete Fast 800 Recipe Book Clare Bailey, Justine Pattison, 2023-07-05 The ultimate companion cookbook to The Fast 800, the #1 bestseller from Dr Michael Mosley. Over 300 delicious low carb, Mediterranean-style recipes to help you combine rapid weight loss and intermittent fasting for long-term good health. With over 200,000 copies sold, Dr Michael Mosley's No. 1 bestselling Fast 800 revolutionised Australia's health through the benefits of an 800-calorie programme, intermittent fasting and a low-carb Mediterranean style of eating. In this ultimate companion cookbook, Dr Clare Bailey, GP, and acclaimed food writer Justine Pattison have created tasty and super simple meals, from light bites and food on the go, to soups and smoothies, to substantial family meals and even sweet treats. With more than 300 recipes to choose from, there are numerous low carb, keto friendly, vegetarian and vegan options, plus ready in 15 or 30 minute meals along with under 200, 400 and 600 calorie-counted meals. These delicious, nutritious recipes will help you nourish your body and improve your long-term health whether you're embarking on an intensive weight-loss programme to prevent or reverse Type 2 diabetes, want to bring down your blood pressure and cholesterol or simply aim to improve your mood and general wellbeing. INCLUDES 8 WEEKS OF MEAL PLANS

fast 800 diet recipes: The Fast 800 Easy Dr Clare Bailey Mosley, Justine Pattison, 2021-01-07 130 brand-new, easy-to-follow recipes to cook up at home, any day of the week. Following their bestselling Fast 800 Recipe Book, Dr Clare Bailey Mosley and Justine Pattison return with a fabulous new cookbook, featuring super-simple recipes to enable you to eat well with minimum prep time on your fasting days. All of the dishes in this book are based on the Mediterranean style of eating, now proven to revolutionise your health, and many can be thrown together from freezer or store-cupboard staples. There are numerous vegetarian options, plus simple ways to expand meals for non-fast days or when you are eating with friends or family. With everything from salads and wraps to winter stews and curries, The Fast 800 Easy will help you rustle up delicious, nutritious meals in minutes. This is food that tastes so good you won't feel the low calorie count. *INCLUDES 8 WEEKS OF CALORIE-COUNTED MEAL PLANS* Make your 800-calorie days even easier with The Fast 800 Easy. 'One word - brilliant! I lost 28lb in 9-10 weeks and 7 inches off my waist. Also dropped 2 clothes sizes. Love this programme!' - Anne

fast 800 diet recipes: The Fast 800 Recipe Book Clare Bailey, 2019 This fabulous companion cookbook offers a collection of delicious, nutritious recipes to help you incorporate the new 800-calorie programme into your daily life. Dr Clare Bailey Mosley, GP, and acclaimed food writer Justine Pattison have created meals which are tasty and easy to make, from breakfasts and brunches, soups and shakes to more substantial suppers and even occasional indulgent treats. All the recipes are based on the low-carb Mediterranean style of eating now proven to revolutionise your health. Whether you are embarking on an intensive weight-loss programme to prevent or reverse Type 2 diabetes, or simply want to bring down your blood pressure and cholesterol and improve your mood and general health, The Fast 800 Recipe Book will inspire you to change the way you eat for ever.

fast 800 diet recipes: The Ultimate Fast 800 Recipe Book Dr Clare Bailey Mosley, Justine

Pattison, 2023-07-05 The ultimate companion cookbook to The Fast 800, the #1 bestseller from Dr Michael Mosley. Over 300 delicious low carb, Mediterranean-style recipes to help you combine rapid weight loss and intermittent fasting for long-term good health. With over 300,000 copies sold, Dr Michael Mosley's No. 1 bestselling The Fast 800 revolutionised Australia's health through the benefits of an 800-calorie programme, intermittent fasting and a low-carb Mediterranean style of eating. In this ultimate companion cookbook, Dr Clare Bailey, GP, and acclaimed food writer Justine Pattison have created tasty and super simple meals, from light bites and food on the go, to soups and smoothies, to substantial family meals and even sweet treats. With more than 300 recipes to choose from, there are numerous low carb, keto friendly, vegetarian and vegan options, plus ready in 15 or 30 minute meals along with under 200, 400 and 600 calorie-counted meals. These delicious, nutritious recipes will help you nourish your body and improve your long-term health whether you're embarking on an intensive weight-loss programme to prevent or reverse Type 2 diabetes, want to bring down your blood pressure and cholesterol or simply aim to improve your mood and general wellbeing. INCLUDES 8 WEEKS OF MEAL PLANS

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fast 800 diet recipes: The Fast 800 Treats Recipe Book Dr Clare Bailey Mosley, Kathryn Bruton, 2024-04-25 This book is about celebrating and savouring indulgent and satisfying healthy treats. Whether sweet or savoury, my hope is that every treat will be a joy to make, eat and share with all the family.' DR CLARE BAILEY In this enticing new cookbook, Dr Clare Bailey shows you how to create fabulous bakes, sweet treats and desserts with recipes that are low in sugar, high in protein yet irresistibly delicious! From family favourites such as brownies, cheesecakes and crumbles to healthy cupcakes, scones and bite-size muffins, The Fast 800 Treats Recipe Book brings you sweet treats and savoury snacks that won't send your blood sugars soaring. Featuring 80 indulgent recipes that make use of healthy and natural ingredients, plus top tips on ingredient swaps and how to weave these recipes into your Fast 800 Programme, this book is full of goodies for every occasion. Including: Chocolate Peanut Butter Cookies All-time-favourite Chocolate Mug Cake Pistachio and Cranberry Bliss Balls Basil and Feta Muffins Cheat Custard Tarts Chocolate Chip Banana Bread Three-ingredient Chocolate Mousse Strawberry and Cream Ice Pops And more...

fast 800 diet recipes: The Fast 800 Keto Recipe Book Clare Bailey, Kathryn Bruton, 2022-12-30 COMPANION RECIPE BOOK TO THE INTERNATIONAL NUMBER ONE BESTSELLER Following Dr Michael Mosley's No 1 bestselling Fast 800 Keto, this fabulous companion cookbook offers delicious, Mediterranean-style, recipes to help you incorporate the new combined program into your daily life. From breakfasts and brunches, soups and shakes to more substantial suppers and even occasional indulgent treats, all the meals are carefully tailored to ensure you lose weight, fast, while also making sure you get all the necessary vitamins, minerals and nutrients. Along with eight weeks of menu plans, there is a Fast 800 Keto toolkit which includes shopping lists and an index by calories, and lots of advice and tips to help keep you on track. Whether you are embarking on an intensive weight-loss program to prevent or reverse Type 2 diabetes, or simply want to bring down your blood pressure and cholesterol and improve your mood and general health, The Fast 800 Keto Recipe Book will inspire you to change the way you eat forever.

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people worldwide have lost weight and reversed disease using Dr. Mosley's The FastDiet, which revealed the incredible power of intermittent fasting. Clinical studies show that fasting not only helps you lose weight fast, but also improves blood sugar levels and heart health, boosts brain health and function, and is even proven to reduce the risk of cancer recurrence. Drawing on the latest research and his personal experience gaining and then losing fourteen pounds, "the world's top gut health guru" (Dr. Barry Marshall, winner of the Nobel Prize for Medicine) returns with an even more effective—yet easier to follow—diet plan designed to reap maximum fasting benefits. The Fast800 Diet pinpoints the ideal fasting calorie count for health and weight loss: 800. Built around a more manageable 800-calorie fasting day—whether that's 800 calories every day until you achieve your goals, or 800 calories twice a week—Dr. Mosley's powerful three-phase program is designed to supercharge weight loss and fast-track a healthier life. Phase 1: A powerful jumpstart designed to accelerate weight loss. Phase 2: Fast twice a week to sheds pounds without slowing your metabolism. Phase 3: Discover how to keep the weight off—without calorie counting. Complete with over fifty-five delicious recipes, four weeks of meal plans, and inspiring success stories, The Fast800 Diet is a simple and life-changing program that gets you real world results.

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fast 800 diet recipes: The Clever Guts Diet Recipe Book Dr Clare Bailey Mosley, 2017-11-23 ****The fabulous companion recipe book to Michael Mosley's bestselling CLEVER GUTS DIET**** Your gut is key to your physical and mental wellbeing - home to your microbiome, an army of microbes that influences your weight, mood and immune system. In this companion book to Dr Michael Mosley's bestselling Clever Guts Diet, Dr Clare Bailey, GP and wife of Dr Mosley, offers the definitive toolkit for bringing your gut back to optimum health. With 150 delicious recipes, ranging from healing broths and fermented foods to enzyme-stimulating salads and meals rich in pre- and probiotics, this book shows you how to put into practice Dr Mosley's revolutionary two-phase gut repair programme and then to incorporate the core principles into your daily life. Whether you are an IBS sufferer, have a food intolerance, or are simply looking to undo the damage done by processed foods and antibiotics, The Clever Guts Diet Recipe Book is packed with nutritional information, meal planners and all the advice you need to mend your gut and boost your health and wellbeing.

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fast 800 diet recipes: *Fast 800 Keto* Dr Michael Mosley, 2021-12-30 ****THE NUMBER 1 BESTSELLER!**** AS SEEN ON CHANNEL 4'S 'LOSE A STONE IN 21 DAYS', A NEW PROGRAMME FOR ACCELERATED WEIGHT LOSS COMBINING KETO WITH THE HUGELY POPULAR FAST 800 A brilliantly informative book on how to optimise a keto diet. Daily Mail A keto diet - where you flip your metabolic switch, going from burning sugar to burning fat for fuel - leads to significant weight loss and other potential health benefits. But one of the challenges of a standard low-carb, high-fat keto diet is that it can be hard to stick to. Dr Michael Mosley's Fast 800 Keto is both more effective than a conventional keto regime, and healthier and more sustainable. The secret to this new approach is that it combines keto with intermittent fasting, which means you go into ketosis faster, while also being able to enjoy delicious Mediterranean-style food. Based on the latest dietary science, this book presents a simple, highly flexible three-step programme to ensure you lose weight rapidly and safely, while preserving your metabolic rate. It includes protein-rich, low-carb recipes and easy-to-follow menus from bestselling author Dr Clare Bailey, and all the other tools you need to shift stubborn fat and transform your health for good.

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fast 800 diet recipes: 21-Day Keto Magic Dr. Michael Mosley, 2022-04-05 See results in three weeks, with a revolutionary keto diet program from Dr. Michael Mosley, the #1 New York Times bestselling author of *The Fast Diet*. Recent studies have shown that a keto diet not only produces significant—and rapid—weight loss, but also has many other benefits for long-term health. But it must be done the right way. In *21-Day Keto Magic*, Dr. Mosley presents the latest science on the ketogenic diet—a diet high in fat and protein and very low in carbs—explaining how it works and why it is so good for you. The aim of a keto regime is to kickstart a process called ketosis, whereby your body goes from burning sugar to burning fat for fuel. Flipping this metabolic switch has the added advantage of making you feel less hungry, which makes the diet highly motivating and relatively easy to sustain. *21-Day Keto Magic* offers a detailed, step-by-step program, along with easy tips and clear advice on which foods support ketosis and which ones stop it, how to tell if you are producing ketones, and how to ensure that you're following the diet safely. There are also 50 delicious recipes from Michael's wife, Dr. Clare Bailey, as well as shopping lists, weekly meal planners, and all the other tools you need to ditch stubborn fat and transform your health for life.

fast 800 diet recipes: *The Fast 800* Dr Michael Mosley, 2019-01-04 Australian and New Zealand edition THE NO. 1 BESTSELLER IN AUSTRALIA AND THE UK BASED ON THE LATEST GROUNDBREAKING SCIENCE THE ULTIMATE GUIDE FROM THE CREATOR OF THE 5:2 - HOW TO COMBINE RAPID WEIGHT LOSS AND INTERMITTENT FASTING FOR LONG-TERM GOOD HEALTH AN EXCITING NEW PROGRAMME BUILT AROUND A MORE MANAGEABLE 800-CALORIE FAST DAY Six years ago, Dr Michael Mosley started a health revolution with *The 5.2 Fast Diet*, telling the world about the incredible power of intermittent fasting. In this book he brings together all the latest science (including a new approach: Time Restricted Eating) to create an easy-to-follow programme. Recent studies have shown that 800 calories is the magic number when it comes to successful dieting - it's an amount high enough to be manageable but low enough to speed weight loss and trigger a range of desirable metabolic changes. Depending on your goals, you can choose how intensively you want to do the programme: how many 800-calorie days to include each week, and how to adjust these as you progress. Along with delicious, low-carb recipes and menu plans by Dr Clare Bailey, *The Fast 800* offers a flexible way to help you lose weight, improve mood and reduce blood pressure, inflammation and blood sugars. Take your future health into your own hands. 'I lost 16kg in the first 8 weeks and then another 6kg. I've never been healthier.' Denise, 51

fast 800 diet recipes: *The Fast Revolution* taste.com.au, 2020-02-01 RECIPES AND MENU PLANS FOR 800-CALORIE DAYS, 250-CALORIE LIGHT MEALS, 125-CALORIE SNACKS. Losing weight has never been so easy, so sustainable, or tasted so good. *The Fast Revolution* makes the entire process not just doable, but also fun. This is intermittent fasting without the fuss. Expertly curated by taste.com.au's food and nutrition teams, *The Fast Revolution* is packed with more than

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fast 800 diet recipes: *The Fast 800 Favourites* Dr Clare Bailey Mosley, 2025-11-20 Bringing together over 100 much-loved recipes from the Fast 800 archives, this is the ultimate book for fans of Dr Michael Mosley's revolutionary diet plan. Whether you're looking for inspiration for a nourishing, flavour-packed breakfast, brunch, lunch or dinner, or have a craving for a treat that won't send sugars soaring, *The Fast 800 Favourites* is a compendium of the Mosley family's most treasured recipes. With more than 30 air fryer-adapted recipes and three brand new 7-day meal plans, eating well has never been simpler. Dr Clare Bailey Mosley also shares personal notes on some of Michael's favourite meals, plus tips for customising the plan to fit your lifestyle. For over a decade, Michael Mosley inspired millions to take control of their health through real food and science-backed advice, including adequate protein and fibre in their diet. *The Fast 800 Favourites* is a tribute to his legacy - celebrating the joy of simple, delicious meals that will also help improve your metabolic health. Please note the recipes in this book have been previously published in other Fast 800 publications.

fast 800 diet recipes: *The Midlife Method* Sam Rice, 2020-12-31 In *The Midlife Method*, food and lifestyle writer Sam Rice explores why it is so much harder to lose weight as we get older and what we can do about it. Rather than focusing exclusively on restricted eating, as so many diets do, Sam guides us through her 'method' for midlife weight loss based on extensive research into the specific physiological changes that occur in our middle years. She answers the questions that she herself asked when, in her forties, the weight suddenly started accumulating around the middle: *

Why is this happening to me? * What am I eating that isn't helping? * What foods should I be eating more of? * How do calories fit into the equation? * How much and what kinds of exercise are most beneficial? * What other lifestyle changes do I need to make? Including more than 80 delicious recipes for breakfast, lunch and family-friendly dinners, along with an easy 4-week meal plan, The Midlife Method shows how combining Light Days (active calorie restriction via calorie-controlled recipes) and Regular Days (focused on eating well-balanced, nutrient-dense food) can bring about healthy and sustainable weight loss. But we don't just want to lose weight as we get older, we want to feel great too, that is where The Midlife Method Healthy Habits come in. Learn how to exercise optimally, get a better night's sleep, manage stress and enjoy alcohol as part of a healthier lifestyle. If you feel stuck in a midlife weight rut then this is the book for you.

fast 800 diet recipes: Food Noise Dr Jack Mosley, 2025-04-24 The Sunday Times No.1 Bestseller, May 2025 'GLP-1s, miracle or menace? Everyone should read this great book' Tim Spector 'This is a superb book for anyone who is considering taking (or talking about) the new weight loss drugs - in other words all of us' Chris Van Tulleken Dr Jack Mosley's groundbreaking book is your complete trusted guide to the new weight-loss revolution. Constant, unwanted thoughts about food - Food Noise - can be impossible to silence in our world of compelling marketing messages and ongoing temptation. GLP-1s (Ozempic, Wegovy, Mounjaro et al) are said to be the biggest medical breakthrough in decades. They banish food cravings, subsequent weight loss is rapid, and the drugs are said to bring many additional health benefits, but one question remains; how do you lose the weight well, and sustain it for life? The author weighs up the pros and cons of these so-called miracle drugs, and, building on the legacy of his father Dr Michael Mosley, he combines medical insight from leading experts, with practical advice, and real-life stories from those who have experienced both the highs and the lows of GLP-1 drugs. Critically, he answers the questions few are addressing: Are you losing fat or muscle? How can you meet your body's nutritional needs? And how can you embrace a lifestyle that nourishes both body and mind This book will help you: Understand the Science: Dr Jack Mosley explains how these drugs work and asks 'are they a game-changer or a health hazard?'. Transform Your Diet: Learn how to eat well when your appetite is reduced, with 50 delicious recipes and a 7-day meal plan. Sustain the Change: Discover how to maintain your weight loss after stopping the medication and build long lasting, healthy habits. Whether you're considering these medications, already taking them, or simply curious about weight loss methods, this is the ultimate resource to reclaim your health and reshape your life.

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