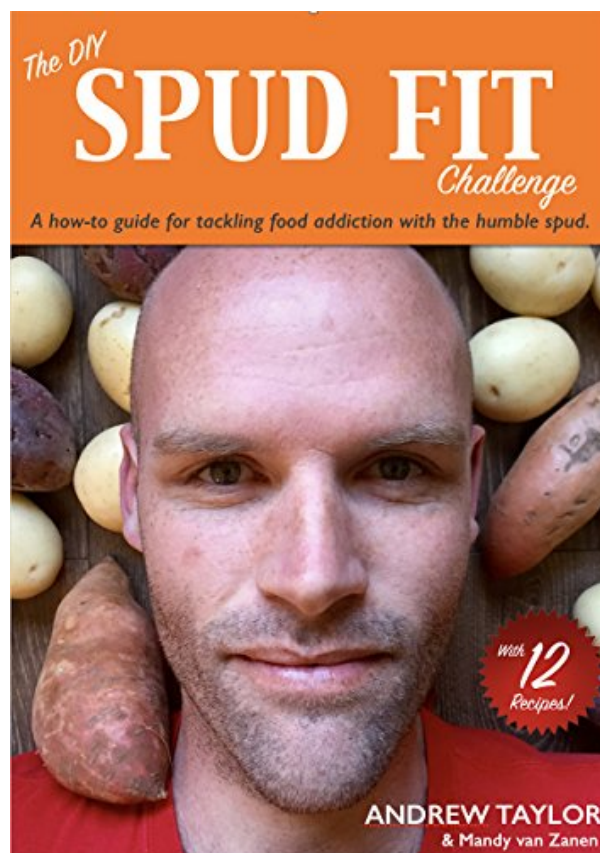
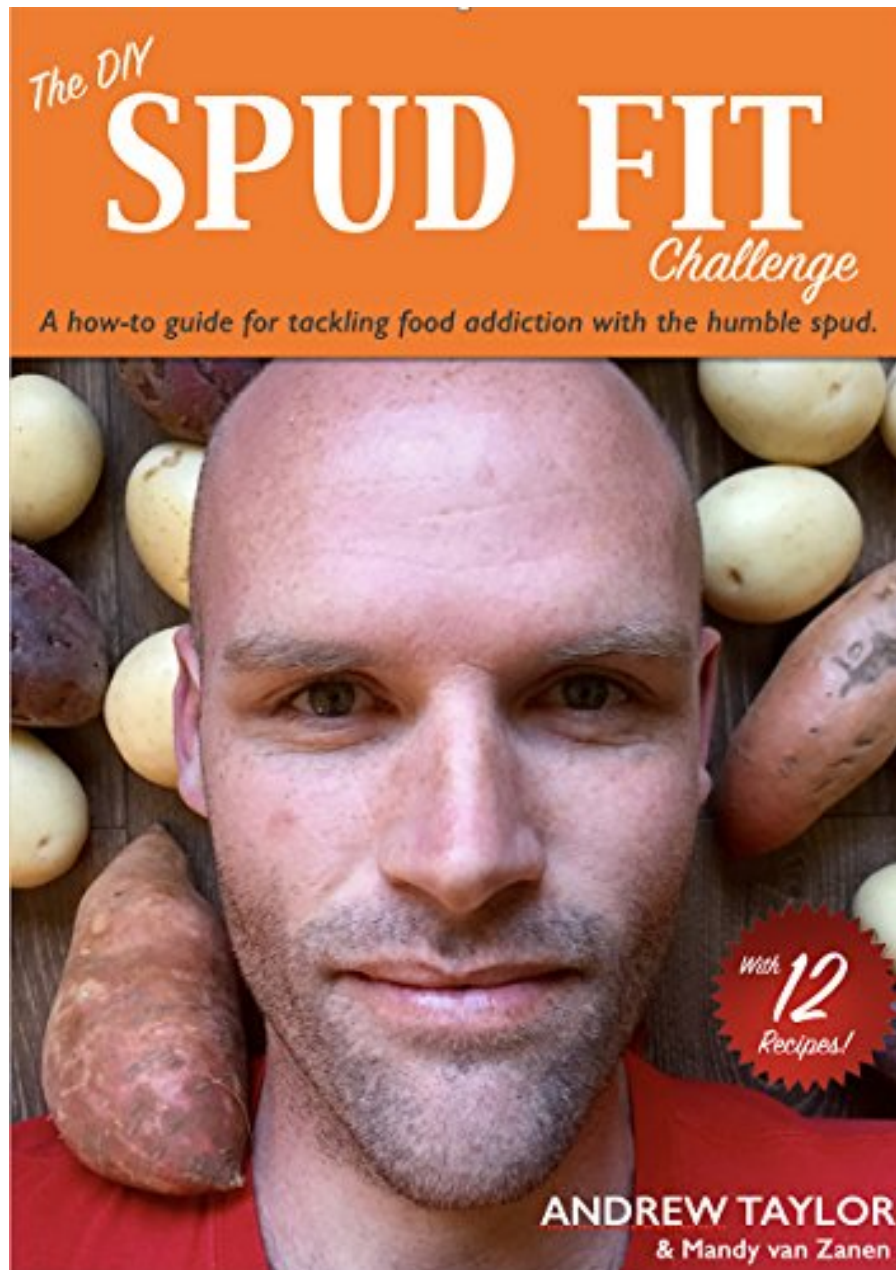


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BY ANDREW TAYLOR, MANDY VAN ZANEN PDF

Is 'quitting food' the key to losing over 110 pounds (50kgs) in eight months, beating clinical depression and anxiety and discovering the best mental and physical health of your life? For Andrew 'Spud Fit' Taylor, the Aussie father who embarked on a potato-only diet for the entirety of 2016, this has certainly been the case. In this Spud Fit Challenge DIY guide, featuring twelve super simple (and cheap!) recipes and a variety of mindfulness techniques to help you reset your body and mind, he shows you the how's, what's and why's of his unusual regime - the tale of which went viral and captivated people across the globe.

It's a scenario that will be depressingly familiar to all 'experienced dieters': towards the end of 2015, the former elite junior kayaker found himself more than 120 pounds (55kgs) overweight and feeling helpless, frustrated and in despair after yet another failed attempt at losing weight. With a lifetime of fad diets that only ever aimed to treat symptoms behind him, and armed only with the advice of 'the experts' whose discussion always began and ended with the message 'simply' to practise moderation, he had reached an impasse. Why couldn't he do moderation, like 'normal' people seemed to be able to? Sitting on the couch that day having reached his lowest point and not knowing the way out of the black hole that was swallowing his ability to enjoy life, he had that lightbulb moment: he was addicted to food. His mind raced - no other addict would ever be told to practise moderation, they would be told to quit their vice entirely. In that moment he realised that quitting food - or coming as close to it as possible - was the answer. Weeks of research told him that the humble potato, the food that has allowed vast populations to not only survive but to thrive over generations, was the perfect vehicle for his experiment: The Spud Fit Challenge was born!

Good health is way more simple than we've been led to believe. There is a food that you can eat in abundance and that food provides you with all the nutrition your body needs to thrive for a long time. A good diet should not involve obsessing over every detail about what you put in your mouth - this does nothing to treat the underlying cause of your troubled relationship with food. This is the Spud Fit Challenge in a nutshell: let simplicity set you free. This guide will provide you with both the mental techniques that have helped Andrew to power through cravings without looking back as well as some 'Spud Fit approved' recipes to pique your interest - everything you need to successfully complete your own Spud Fit Challenge.

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48 of 48 people found the following review helpful.

Highly recommended

By Nicolina

If you're looking for a comfortable way to loose weight effortlessly without starvation, want to reset your taste buds, feel your best, then this book is for you! I joined Andrew's Spudfit Challenge on facebook and read his book many times. Especially the tips regarding emotional eating were very important for me. The book is highly motivating to stay on track while this journey. With potatoes, best comfort food on earth in my opinion, it's so damn easy to get to your goals. I am so glad that I found Andrew's Youtube Channel "Spud Fit" where he demonstrates how easy it is and that highly inspired me. Before that I thought that this wouldn't be possible to eat only potatoes and whether that would taste good. Oh my god! YES! Potatoes taste damn good in all variations and there's no need for fat (butter, milk, etc.): mashed or pressed (preferably with a potato ricer - I love the OXO 3-in-1), steamed and peeled or not, grilled in a contact grill, baked in the oven or flat pressed in a pan, microwaved with some water. Seasoned with mustard or ketchup, herbs and spices like thym, chives, onion and garlic powder, pepper and if you like a little bit of salt (I don't need it most of the time). In my potato mash I always mix a good amount of still water to make it more fluffy.

9 of 9 people found the following review helpful.

Spud Diet

By EdmondMike

Potatoes are one of a very few foods you can eat as your only source of nutrition and thrive, let alone survive.

Andrew is to be complemented for doing the research to reinvent the wheel. Can't argue with his success and motivation. I eat almost nothing but potatoes, so I'm anxious to try some of his recipes!

9 of 9 people found the following review helpful.

Spudtastic!

By Emhempery

Spud fit is well written and a super easy plan to follow! I did the spud fit plan for 3 weeks and lost 16 lbs. Amazing! Andrew Taylor is also so nice and a great author! I reached out to him on facebook and he responded to my inquiry and wished me well on my plan! Super cool guy.

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