



Fit Fuel: A Chef's Guide to Eating Well, Getting Fit, and Living Your Best Life

Robert Irvine, Matt Tuthill

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With more than 25 years in the culinary profession, Chef Robert Irvine has cooked his way through Europe, the Far East, the Caribbean and the Americas in hotels and on the high seas. He's best known as the host of one of Food Network's highest-rated shows, *Restaurant: Impossible*, but equally recognized for his muscular physique and healthy lifestyle focus that once earned him recognition as one of the top 25 Fittest Guys in America by *Men's Fitness* magazine.

With the release of *Fit Fuel: A Chef's Guide to Eating Well, Getting Fit, and Living Your Best Life*, Chef Irvine translates his tough love tactics from the failing restaurant owner to the everyday man and woman struggling to get their health and fitness goals on track.

Developed from Robert Irvine's lifetime of training and nutritional knowledge, with support from distinguished fitness writer Matt Tuthill, *Fit Fuel* is packed from cover to cover with equal parts inspiration and information that can change your life forever.

The book is divided into three parts, the first of which examines the mental aspects of goal setting, habit forming, and long-term maintenance. Here, Chef Irvine provides encouraging, digestible ideas of how to change the way we see and think about food, ourselves, and our own unlimited potential. Just as he's done in season after season of *Restaurant: Impossible*, Chef Irvine provides readers with the same no-excuses encouragement and mental coaching in *Fit Fuel*, motivating with tools, resources, and inspiration every step of the way.

The second section of the book focuses on training, with an easy-to-follow resistance training program, demonstrated through A and B photography and well-defined techniques that the 49-year-old British Royal Navy veteran considers fundamental to his own lean and muscular physique. In addition to the main program, there are time-saving workouts, as well as a full starter s program for any beginner who might find the main program too daunting off the bat.

In its final section, *Fit Fuel* provides recipes for breakfast, lunch, dinner, and dessert, all illustrated with realistic photography and step-by-step instructions. Few dishes or main ingredients are overlooked, despite their unmerited reputations as no-no foods. From pancakes to salads, beef to fish, Chef Irvine challenges the idea of good vs. bad as it pertains to the everyday diet, emphasizing the fact that healthy eating does not require deprivation.

When you're finally ready to achieve your full potential, *Fit Fuel* awaits.

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Gloria Todd:

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improve their skill in writing, they also doing some exploration before they write to their book. One of them is this Fit Fuel: A Chef's Guide to Eating Well, Getting Fit, and Living Your Best Life.

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