

Edited by Charlotte Heathcote
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to kick-start the new you



VEGGIE APPEAL: Joe Wicks's book is packed with lean recipes

targets widespread myths about why we are getting so fat and the problems caused by pseudo-sciences, the dieting culture and half-baked food fads. He also ponders why anti-fat prejudice abounds.

He concludes that there is no single cause for obesity and no easy answer. His solutions are bold, wide-ranging and "system-level".

The long-term remedy, he argues, would involve "public health professionals working to upgrade schools, housing, and employment opportunities in local communities, especially the poorest ones; corporations improving the foods they offer; and government taking action to reduce poverty".

An informed book written with wit and scientific rigour.

VEGGIE LEAN IN 15: 15-Minute Veggie Meals With Workouts

by Joe Wicks
Bluebird, £16.99

Joe Wicks, AKA The Body Coach, has served up a vegetarian cookbook packed with photos and stuffed with 100 recipes. These range from teriyaki tofu and his "ultimate veggie burger" to snacks such as popcorn cauliflower with chipotle mayo. And they look fantastic.

There's a recipe for creamy butternut pasta which uses no cream and a hefty 30-page section on all-day breakfasts.

The result is an impressive range of meat-free dishes. Some are vegan, others are

simply lean, but all of them can be cooked in 15 minutes.

Joe, who isn't a vegetarian, writes: "I used to think veggie recipes were all boring salads and quinoa, but the more I experiment, the more I see how totally wrong that is."

The book comes with three high-intensity workouts plus a bonus workout for abdominal muscles.



THE ENERGY PLAN

by James Collins

Vermilion, £12.99

He's worked on the eating habits of Arsenal footballers and Britain's Olympic athletes and now sports nutritionist James Collins has boiled down his insights into simple food principles. Few of us are likely to try out at the Emirates Stadium but Collins maintains his food-as-fuel approach will work for all. He sets out to show how you can reach peak performance by eating and exercising correctly - which of course means

swerving junk food and choosing healthy food packed with energy. In the process you will build your strength and immunity and feel more productive. This isn't a diet book, it's a guide to new ways of thinking and the science is easy to digest.



GENE EATING: The Science of Obesity And The Truth About Diets

by Dr Giles Yeo

Seven Dials, £14.99

Internationally renowned scientist Dr Giles Yeo ploughs a similar furrow to Anthony Warner, producing a hard-to-fault book written in a way that entertains as well as it informs.

A world-class geneticist, Yeo looks at the scientific realities of obesity, explaining why we are getting fatter as a people, why some folk are hungrier than others and why most fashionable diets don't work.

He puts cynical marketing ploys, misinformation and "post-truth" diet advice under the microscope and finds them wanting. Yeo's study of human appetite is packed with insights and revelations, incorporating up-to-date scientific thinking backed by years of genetic research at Cambridge University. It's an anti-diet diet book you can trust.

BALANCE YOUR LIFE

by Jodie Kidd & Amélie Khellaf-Govett

DK, £16.99

Fashion model-turned-TV presenter Jodie Kidd, right, follows a six-week exercise and eating programme devised by the French personal trainer and nutritionist Amélie Khellaf-Govett.

Aimed at people with busy lives, it includes easy, time-efficient workout routines and nutritious eating plans.

Amélie's programme comes with simple recipes and motivational advice plus her strategies on what to do once the six weeks are over.



sugar snacks if you only eat when you're hungry."

101 WAYS TO LOSE WEIGHT AND NEVER FIND IT AGAIN

by Scott Baptie

Quadrille, £15

Nutritionist and weight-loss coach Scott Baptie has written an easy-to-follow pick-and-mix guide to getting slimmer and staying that way.

The frighteningly healthy Baptie advocates sensible solutions like high-protein breakfasts, high-intensity training, muscle building, and fibre-rich food. He starts by telling us to "ditch the diet mentality" and walk more. His

training strategy is that we should begin by picking any three of his 101 suggestions and adopt them for the first month, adding another three the following month.

In the process he debunks a series of pervasive diet myths.

THE TRUTH ABOUT FAT

by Anthony Warner

Oneworld, £14.99

Struggling to lose weight? Here's some good news - it might not be your fault. Anthony Warner, AKA The Angry Chef, has written a surprising book on the first world's biggest problem, the obesity epidemic, what causes it and how to deal with it. He

MUSIC MY SIX BEST ALBUMS JUDGE JULES

JUDGE JULES, 52, is a leading dance DJ. He's presented his own Radio 1 show, hosted club nights in Ibiza and released albums of his dance mixes. He will perform at The Annual Classical premiere at the Royal Festival Hall, London, on January 26. ministryofsound.com/tours/



hip hop that has almost made me like hip hop again. This is a great album: classy and interesting.

REJJIE SNOW: Dear Annie

(BMG)
I'm half-Irish and Ireland has had an influence on popular music in certain areas but not in others.

Snow is a rap/urban artist who makes mellow American-sounding R&B and it's gratifying that Ireland is capable of delivering more than Celtic-themed moody music.

VARIOUS: Ministry Of Sound: The Annual IV

(Ministry of Sound)
I mixed this in the late Nineties and we're now doing an orchestral tour playing these tracks. That time was a sweet spot of dance music, when the clubs were packed.

THE CLASH: London Calling

(Sony)
I live part of the time in Ibiza and have been lucky to travel around the world, but London is my city. Despite all the crap that's going on at the moment, it remains the greatest city in the world and this is the greatest homage to it.

JOSÉ PADILLA: Café Del Mar - Volumen Cinco

(Manifesto)
The Café del Mar is the iconic chill-out bar in Ibiza. You can't be listening to dance music at 10am but you want something that's got the same kind of mood. It's the daytime soundtrack of Ibiza.

MASSIVE ATTACK: Blue Lines

(UMC)
This contains the immortal Unfinished Symphony and the video for it is the best ever made; it's just one long shot of the downtrodden streets of LA. Remarkable.

CAROLINE REES

BROCKHAMPTON: Iridescence
(RCA)
There's a new movement of smooth old-school-sounding

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