



the fast
800
Health Journal
Dr Clare Bailey
Foreword by Dr Michael Mosley

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Essential companion to the No. 1 bestseller

As we all know, losing weight is not just about 'calories in and calories out'. We all have different needs and different demands in our lives. In the end, the best diet is the one you can stick to and which fits best in your life. This is where food journaling comes in.

Keeping a food journal has been shown to be a particularly useful tool for personal change – not only to help with weight loss, but to make us generally more mindful of what we eat, how we eat it, and why.

From the foreword by Michael Mosley

Dr Michael Mosley's bestselling **The Fast 800** book presented a new approach to intermittent fasting, weight-loss and healthy eating, based on a low-carb, high-protein Mediterranean-style diet. It followed studies that showed that 800 calories a day is the key to successful dieting - an amount that is high enough to be manageable but low enough to speed weight loss and trigger a range of desirable metabolic changes. Now Dr Clare Bailey has created **The Fast 800 Health Journal** for anyone wanting to follow the Fast 800 plan and stick to it.

This easy-to-use, 12-week journal enables you to:

- Plan meals and shopping lists – new Fast 800 recipes included
- Record calories and factor in upcoming events
- Set goals and reflect on the outcomes
- Track activity levels
- Monitor your mood, eating and sleep habits
- Celebrate key achievements

The journal contains delicious new recipes, motivational tips and weekly reminders to keep you on track and successfully reach your healthy living goal.

About the authors:

Clare Bailey, wife of Michael Mosley, is a GP who has supported hundreds of patients to lose weight, reduce their blood sugars and put their diabetes into remission at her surgery in Buckinghamshire. She is the author of the bestselling Fast 800 Recipe Book, The 8-Week Blood Sugar Diet Recipe Book and The Clever Guts Diet Recipe Book.

Michael Mosley trained as a doctor before becoming a journalist and television presenter. He is the author of The Fast Diet, The 8-Week Blood Sugar Diet, The Clever Guts Diet and The Fast 800. He is married with four children. 3 million copies of Michael Mosley titles have sold internationally with rights sold in more than 40 territories worldwide.

[Dr Clare Bailey and Dr Michael Mosley are available for interview](#)

[Extracts are available](#)

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Baked mozzarella fritters

These low-carb cheesy fritters have a Mediterranean flavour and are ideal as a light meal. Serve with a large salad (add calories for dressing) or they are good eaten cold for lunch on the go.

- SERVES 2
 2 medium eggs
 300g cauliflower florets, coarsely grated
 1/2 tsp dried oregano
 125g ready-grated mozzarella

- Preheat the oven to 220°C/fan 200°C/Gas 7. Line a large baking tray with non-stick baking paper.
- Crack the eggs into a large bowl and whisk until smooth. Add the cauliflower, oregano and 75g of the mozzarella. Season with a good pinch of salt and lots of ground black pepper.
- Spoon the cauliflower mixture on to the lined tray in six heaps, spacing them well apart. Press down slightly with a spatula or the back of a spoon then bake for about 15 minutes, or until golden and crisp around the edges.
- Take the tray out of the oven, sprinkle fritters with the remaining mozzarella and bake for a further 5 minutes, or until the cheese has melted and is beginning to bubble.



Week One TARGETS & AIMS

WRITE DOWN YOUR WEIGHT

ANY BIG EVENTS OR OCCASIONS YOU NEED TO FACTOR

WHAT ARE YOUR GOALS THIS WEEK?

WHICH WILL BE YOUR FASTING DAYS?

M T W T F S S

Remember: small steps, big change...

Drink water!

We cannot stress this often enough... Keeping well hydrated is vital for maintaining energy levels and helping to reduce hunger pangs. Most people need an extra 1-1½ litres of water on 800 days, when they are fasting, as they are not only missing out on the fluid they would normally get in their meals, but also losing water in the process of burning fat. Don't wait till you feel thirsty. Try and stay ahead of the game.

Week One FRIDAY

	NON-FASTING DAY	800 DAY
BREAKFAST		CALORIES
LUNCH		
DINNER		
(SNACK)		
		TOTAL

TRE WATER MOOD SLEEP

10 12 14

ACTIVITY

WHAT WORKED?