

## Product disclaimer

The Transform Nutrition Pty Ltd (“Transform Nutrition”) books are written as a guide to general health improvements and are not tailored to any dietary deficiencies, intolerances, allergies or any other food related health problems. Transform Nutrition recommends consulting your healthcare professional prior to commencing any diet and/or exercise program

Although the recipes in the books contain specific weights and measurements, they are used as a general guideline. Individuals using these programs should not rely on these measurements and weights alone as they do not take into account personal energy expenditure levels. If the reader requires more specific instructions it is their responsibility to seek the advice of an accredited dietitian or similar health professional on a personal basis before starting a new health plan.

The advice in these books is based on a mixture of personal experiences, guidelines and in some cases scientifically published information as referenced in the bibliography. The Transform Nutrition books were written by Samantha McDonald who has a degree in health science (BHSc) majoring in nutrition and exercise science.

The nutritional information sections provided by Transform Nutrition are a guideline and have been put together using MyFitnessPal.com and Calorie, Fat and Carbohydrate Counter 2015 Edition by Allan Borushek.