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Når mad er sund, bliver man automatisk slank af den, tænker mange. Mens andre tænker: Hvis maden slanker, er den nok også sund. Men sådan er det langt fra altid: Man kan sagtens spise sund mad i årevis uden at tabe et eneste gram. Og man kan spise bjerge af slankemad uden at blive særlig sund. Heldigvis kan sundhed og vægttab sagtens kombineres. Det kræver dog, at man har viden og tager ansvar, og opskriften på at lykkes har Sara Jin Smidt.

Sara, der står bag den populære blog Healthy Skinny Bitch og kostprincipperne af samme navn, har gennem mere end 10 år som personlig træner og kostvejleder hjulpet hundredvis af kvinder med at opnå effektive vægttab og holde vægten bagefter - med helt almindelig mad, der er enkel og overkommelig i en travl hverdag.

I sin nye bog afslører hun hemmeligheden bag succesen og forklarer, hvordan man skal sammensætte sin kost for at opnå de resultater, man drømmer om. Uden fastlåste kostplaner, uden hokusfokus - men med masser af lækker mad.

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