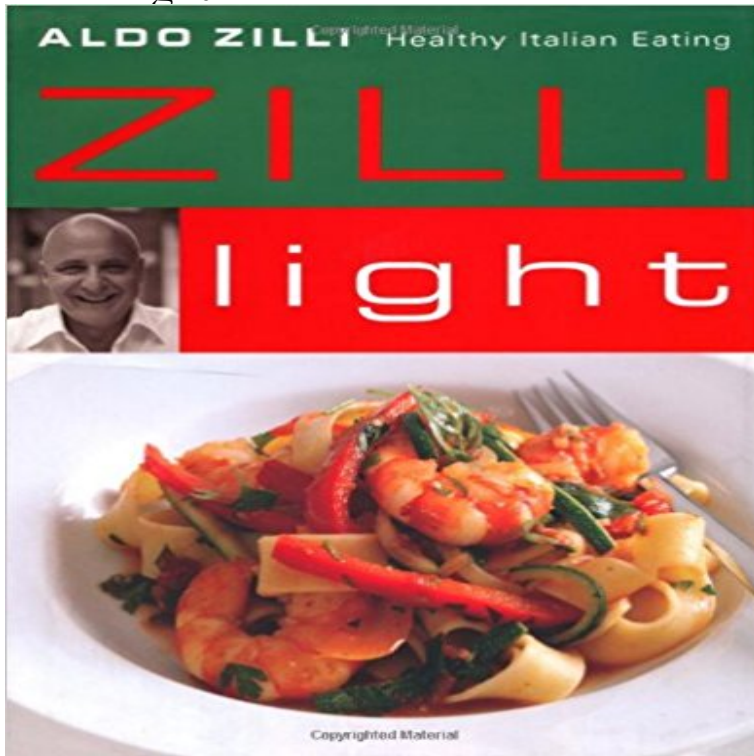


Zilli Light



When successful Italian restaurateur Aldo Zilli took part in Celebrity Fit Club, the fascinating TV series, it changed his life. It was the start of a new lifestyle and a new way of looking at his favourite foods. In Zilli Light, he shares his new, exciting way of life - with advice on how to eat delicious food but less of it: have large meals, but at certain times of the day; enjoy irresistible desserts but leave out another dish; and a host of tips on how to continue dining deliciously, while getting the weight off and keeping it off. Zilli Light recipes are based on the mouthwatering Mediterranean diet - with a new take. They are zesty and feisty, but with fewer calories. They are an essential introduction to anyone in search of a newer, more energetic way of life. If you want to be lighter and brighter, Zilli Light is for you. Buon appetito!

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Eight button closure. Topstitching with signature triple stitching on white button-down collar, and white sleeve cuffs.

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