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**15-Minute Meals and
Workouts ...**

Lamb tagine (Serves 2)

If you have been

rigorously following my

“shape yourself lean”

in 15 minutes plan, you

should now have lost

enough fat to be seen

out in public. Hence

this recipe serves ...

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Our pull-out is adapted

from Lean in 15: The

Shape Plan by Joe

Wicks, to be published

on 16 June by Bluebird,

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Joe's introduction and

detailed step-by-step

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A Strong Lean

Food exclusive: Joe

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The DVD will feature Joe guiding viewers through his HIIT workouts, as well as adding new routines

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for those who are already on his programme and lots of healthy eating tips and recipes. The Joe Wicks: Lean in 15 DVD is available to pre-order now on Amazon for £13.99. Lean in 15 - The Shape Plan is £16.99 and available to buy online here.

**How The Body
Coach's new Shape
book measures up**

Core to Joe Wicks'

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success is his 'Lean in
15' healthy eating
program which has so
far seen two
phenomenally
successful releases -
the original Lean in 15,
the book which
rocketed straight to the
top of our charts at the
end of last year, Lean
in 15: the Shape Plan,
its summer follow-up
that proved the first
was no flash in the pan
and the ultimate in
maintained health Lean

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