

OFFER AVAILABLE UNTIL 11:59 PM (BST) ON 28/08/2024.

Terms and Conditions:

1. This giveaway offer (“Offer”) is to receive a PDF of 8 recipes from *The Everyday High Protein Handbook* and is open to UK residents aged 18 or over who have pre-ordered a hardback edition of *The Everyday High Protein Handbook* by Scott Baptie.
2. This Offer is open from 00:001am BST on Thursday 1st August 2024 and closes at 11:59pm BST on 28th August 2024. Entries received outside these times will not qualify for the Offer.
3. You will need to have pre-ordered the hardback (ISBN 9781399732284) or eBook edition (9781399732291) of *The Everyday High Protein Handbook* by Scott Baptie.
4. To be eligible for inclusion, complete the online form with proof of your pre-order. Proof can include an order confirmation, photo of a receipt, a screenshot/email showing your order, or similar proof of placing an order.
5. The Company will not contact or include the names of anyone who provides incomplete information or for emails lost, misdirected, delayed or destroyed.
6. The Company reserves the right to alter the Offer or cancel the Offer without notice but will try to avoid creating undue disappointment.
7. All rights to *The Everyday High Protein Handbook* are reserved by The Company and is not for publication or further dissemination in any format or territory.
8. The Company is the data controller of Personal Data that it collects in the course of running this Offer and will use the Personal Data in accordance with the Company’s Privacy Notice (<https://www.hodder.co.uk/information/privacy.page>) It will use such Personal Data for the purposes of running the Offer and will delete it after a reasonable period from the end of the offer. “Personal Data” means names of people and other details provided by them (e.g. email address) for the Offer. The Company will not share such Personal Data with any third parties.
9. By submitted your order online with required proof of pre-order you agree to be bound by these terms and conditions.
10. This Offer is being organised by Hodder and Stoughton, Limited of Carmelite House, 50 Victoria Embankment, London EC4Y 0DZ (the “Company”)