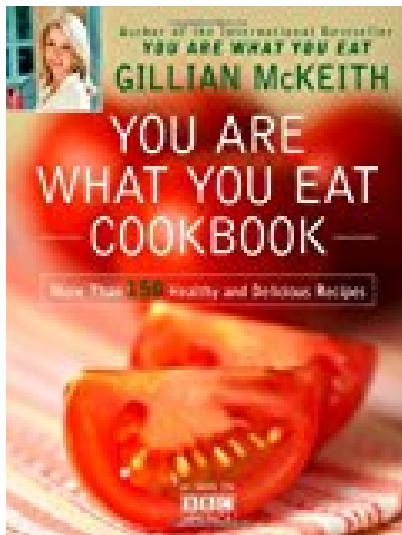


You Are What You Eat Cookbook More Than 150 Healthy and Delicious Recipes



BOOK DETAILS

- Author : Gillian McKeith
- Pages : 240 Pages
- Publisher : Plume
- Language : English
- ISBN : 0452297044

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BOOK SYNOPSIS

From the bestselling author of *You Are What You Eat*, Dr. Gillian McKeith's recipe for a healthier life... Eat delicious food, feel great, look fabulous. "I want you to look and feel like a new person. Discover the amazing array of delicious and healthy recipes you can make every day. You'll absolutely love it—I promise!" Based on BBC America's hit TV show *You Are What You Eat*, the *You Are What You Eat Cookbook* makes healthy eating easy, simple, and fun. It also answers all those questions which can easily turn into excuses: · What exactly can I eat? · Can healthy food really be tasty and convenient? · Where to I find quinoa and kelp? · What is quinoa? Packed with over 150 recipes and ideas for juices, smoothies, breakfasts, soups, salads, lunchboxes, main meals, quick bites, snacks, and treats, here is a plan for you and your family to savor. Energy, vitality, and simply feeling great is just around the corner. From the Trade Paperback edition.

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