



The Complete Gut Health Cookbook: Everything You Need to Know about the Gut and How to Improve Yours (Paperback)

By Pete Evans

Weldon Owen, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. With more and more research pointing to gut health as a leading factor in overall wellbeing, the way we eat has never been more important. The Complete Gut Health Cookbook is your all-inclusive, 6-step guide for getting your gut right--complete with 100+ recipes for gut health and a 4-week meal plan. This gut check is brought to you by award-winning Chef Pete Evans, and trusted nutritionist Helen Padarin. As the title suggests, this book is all about good gut health and how to achieve it, following the simple but powerful premise that wellness stems from a balanced digestive system. But while you're adhering to healthy cooking standards, you're not sacrificing flavor with any of these great-tasting dishes. DELICIOUS RECIPES INCLUDE Miso soup with chicken meatballs Summer kraut with pineapple and mint Shrimp cocktail with kimchi Lamb burger and lettuce wraps Roasted pumpkin, cashew cheese, and pomegranate salad Cinnamon ice cream Lavender panna cotta *Many recipes include AIP (Auto Immune Paleo) alternatives Featuring basic information on the digestion process, a nutritional guide to healing your gut, the star ingredients for gut health, a 4-week meal plan, and more...



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Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- Mark Bernier