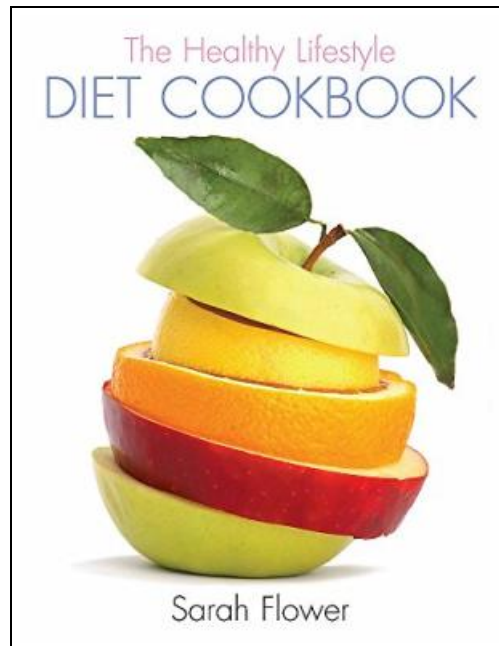


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Little, Brown Book Group, United Kingdom, 2012. Hardback. Condition: New. UK ed. Language: English. Brand new Book. Tired of fad diets and yo-yo dieting? Do you want to lose weight and improve your health but still enjoy your food? Nutritionist Sarah Flower believes that by following the recipes in her book you can eat well, lose weight, feel better AND stay that way. Sarah's focus is on healthy eating and delicious food that all the family will enjoy. She also describes lifestyle changes that everyone can adopt to lay the foundations for healthy eating and to lose unwanted pounds if they need to. As a working mother of two Sarah knows how hard it is to balance work, family life, healthy eating and dieting when cooking for more than just your self. Here are healthy, flavourful recipes that are simple to follow, will be loved by everyone including kids, and can mostly be prepared in 30 minutes or less. Sarah also includes superfoods, menu plans and some food swap suggestions to help keep the weight off and the vitality in. Contents: Eat yourself healthy; Bad foods and superfoods; Food swaps for healthier eating; Recipes for breakfasts, snacks, soups, meat, fish, vegetarian meals,; salads and desserts; Healthy Menu Plans.

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