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The Art of Eating Well

By Jasmine Hemsley, Melissa Hemsley

Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, The Art of Eating Well, Jasmine Hemsley, Melissa Hemsley, The Art of Eating Well is a revolutionary cookbook that will help anyone who wishes to feel better, lose weight or have more energy. London-based sisters Jasmine and Melissa Hemsley teach their principles of life-long healthy eating with exciting and inventive recipes that are so delicious you forget the purpose is good health and nourishment. Jasmine and Melissa's philosophy is simple: a healthy gut leads to a healthy body and mind, and a better, happier you; that changing the way you eat doesn't have to involve deprivation, but can be enjoyed everyday - whether you are home, work, with family or friends, or eating out. This stunning book includes over 150 mouth-watering recipes - all of which are free from grain, gluten, refined sugar, high starch and are alkaline friendly. The sisters' down-to-earth, encouraging and practical guidance will motivate you to try new foods and no longer crave high sugar and processed foods. They include comprehensive advice on ingredients, techniques, equipment, cooking in advance, meal plans, juicing, and packed lunches and snacks that fit busy lifestyles. The Art of Eating Well is divided...



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