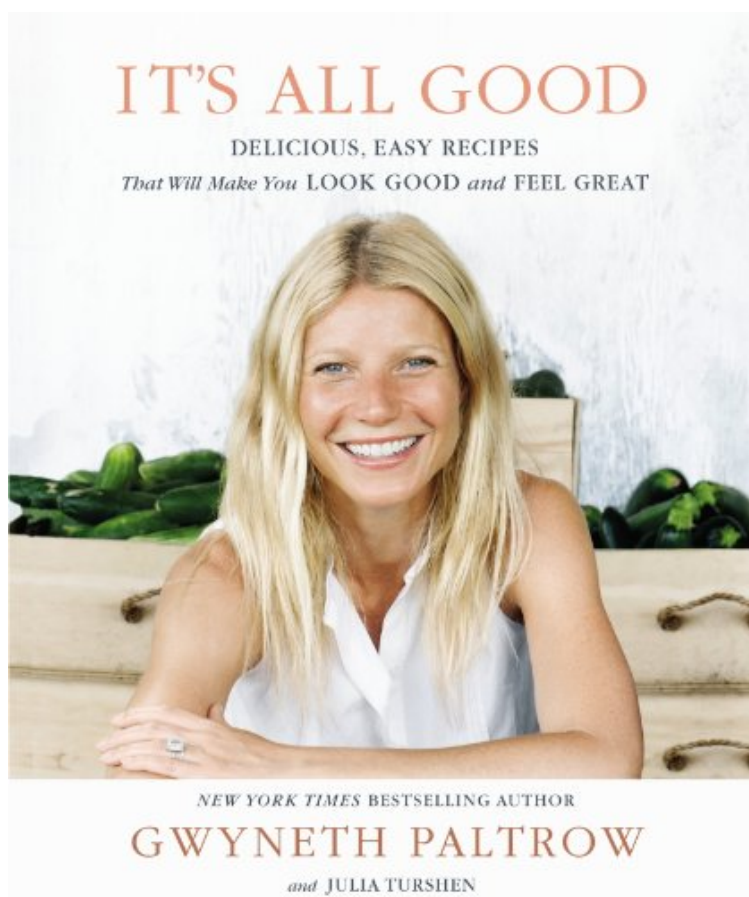


[Online library] File size: 67.Mb

It's All Good: Delicious, Easy Recipes that Will Make You Look Good and Feel Great (English Edition)



Par Gwyneth Paltrow, Julia Turshen
ebooks / Download PDF / *ePub / DOC /
audiobook

Dtails sur le produit Rang parmi les ventes :
#152942 dans eBooksPubli le: 2013-04-
04Sorti le: 2013-04-04Format: Ebook
KindleNombre d'articles: 1

[Online library] It's All Good: Delicious,
Easy Recipes that Will Make You Look
Good and Feel Great (English Edition)

Par Gwyneth Paltrow, Julia Turshen : **It's
All Good: Delicious, Easy Recipes that Will
Make You Look Good and Feel Great
(English Edition)** before purchasing it in order
to gage whether or not it would be worth my
time, and all praised It's All Good: Delicious,
Easy Recipes that Will Make You Look Good
and Feel Great (English Edition):

 Download

 Read Online

Description :

Prsentation de l'diteurLast spring, after a particularly grueling schedule and lapse of overindulgence, Gwyneth Paltrow was feeling fatigued and faint. A visit to her doctor revealed that she was anemic, vitamin D deficient, and that her stress levels were sky high. He prescribed an elimination diet to clear out her system and help her body heal. But this meant no coffee, no alcohol, no dairy, no eggs, no sugar, no shellfish, no deep-water fish, no wheat, no meat, no soy, nothing processed at all!An avid foodie, Paltrow was concerned that so many restrictions would make meal time boring, so, together with Julia Turshen, she compiled a collection of 185 delicious, easy recipes that followed her doctor's guidelines. And it worked! After changing her diet, Paltrow healed totally, felt more energetic and looked great. Now, in IT'S ALL GOOD, she shares the go-to dishes that have become the baseline for the restorative diet she turns to whenever she feels she needs it. Recipes include: Huevos Rancheros, Korean Chicken Tacos, Salmon Burgers with Pickled Ginger, even Power Brownies, Banana 'Ice Cream', and more!Prsentation de

l'diteurLast spring, after a particularly grueling schedule and lapse of overindulgence, Gwyneth Paltrow was feeling fatigued and faint. A visit to her doctor revealed that she was anemic, vitamin D deficient, and that her stress levels were sky high. He prescribed an elimination diet to clear out her system and help her body heal. But this meant no coffee, no alcohol, no dairy, no eggs, no sugar, no shellfish, no deep-water fish, no wheat, no meat, no soy, nothing processed at all!An avid foodie, Paltrow was concerned that so many restrictions would make meal time boring, so, together with Julia Turshen, she compiled a collection of 185 delicious, easy recipes that followed her doctor's guidelines. And it worked! After changing her diet, Paltrow healed totally, felt more energetic and looked great. Now, in IT'S ALL GOOD, she shares the go-to dishes that have become the baseline for the restorative diet she turns to whenever she feels she needs it. Recipes include: Huevos Rancheros, Korean Chicken Tacos, Salmon Burgers with Pickled Ginger, even Power Brownies, Banana 'Ice Cream', and more!Biographie de l'auteurGwyneth Paltrow is an Oscar winner and author of the New York Times bestselling cookbook, My Father's Daughter. She is a mother and an actress, splitting her time between London and New York. Her website, www.goop.com, covers food, crafts, fashion and fitness.