



The Gut Makeover Recipe Book (Paperback)

By Jeannette Hyde

Quercus Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. LIFE-CHANGING. THE MOST PRACTICAL GUT GUIDE. Dr Rangan Chatterjee of BBC1's Doctor in the HouseThe Gut Makeover: This is more than another fad diet. This is a lifestyle you'll want to adopt for life. Join the thousands of people who are transforming their bodies, minds and overall health with this groundbreaking gut diet for a healthier, happier and lighter you. Packed with over 100 delicious and nourishing recipes to make your gut-health transformation easy, delicious and fulfilling, The Gut Makeover Recipe Book also explains the revolutionary new science that reveals that the state of our gut is central to our weight and health - and will help you control your weight, improve your skin, sleep better, lift your spirits and strengthen your immune system for good. Weekly meal plans, dinner party inspiration and perfect, quick week-night recipe ideas include:- Peruvian ceviche- Courgette Bolognese - Seabass with Salsa Verde- Pil Pil Prawns with green leaves . and many more. There's no calorie counting and you won't go hungry, so what are you waiting for? Join the Gut Makeover revolution today!.



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