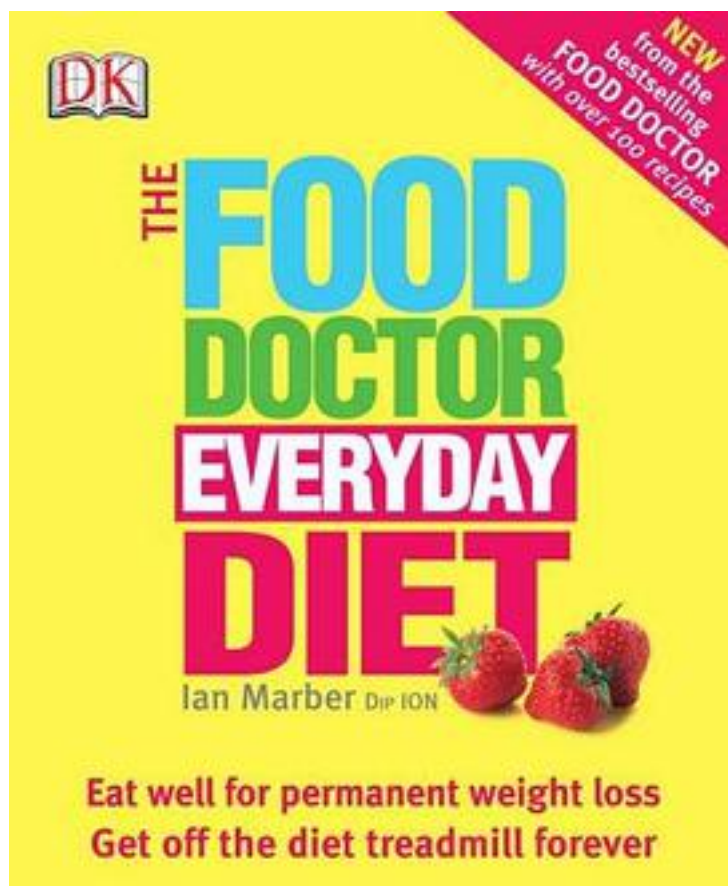


Food Doctor Everyday Diet



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著者:Ian Marber

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Love food but want to lose weight? The clearest advice yet to help you eat well and lose the pounds for good from bestselling Food Doctor Ian Marber. Packed with over 100 delicious recipes, practical answers to everyday life situations and flexible menu options - from lunch on the run to car journey snacks and family meals - you can be sure this a safe, healthy and sustainable lifestyle choice. 'It is so refreshing to have an

easy diet to stick to' Sue Oliver, Food Doctor fan.

作者介绍:

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