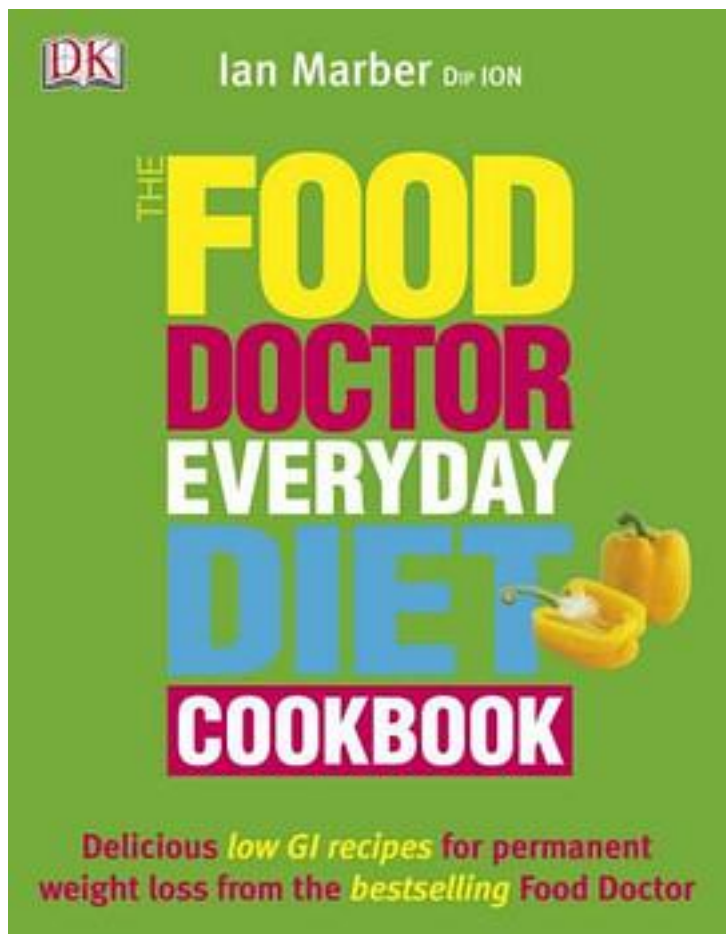


The Food Doctor Everyday Diet Cookbook



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Eat well, lose weight, look great. 150 delicious, new GI balanced recipes to help you eat healthily and lose weight for good. Flexible menu options mean you can be sure of a safe, healthy and sustainable eating plan. From the Food Doctor and bestselling

author Ian Marber. "I feel wonderful. Much fitter, more energised. It's so easy to follow I've not been deprived at all and I've dropped two dress sizes." - Val Bacon, who lost 1st 9lbs on the Food Doctor Diet, as seen on Channel 4's Richard & Judy.

作者介绍:

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