



You Are What You Eat Cookbook: Over 150 Easy And Delicious Recipes To Inspire The Healthy New

Gillian McKeith

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'My aim is for you to make simple changes that will begin to take effect almost immediately and will last for life' The You Are What You Eat Cookbook puts Dr Gillian McKeith's healthy food philosophy into action. The McKeith Diet of Abundance is not about telling you what not to eat, rather it shatters the usual expectations of dieting and allows you to eat more, not less. The key is variety, and in her new cookbook, Dr McKeith provides over 200 recipes and menu plans for daily life, from mouthwatering smoothies to lunches on the run to family meals. Take the food test at the beginning of the book and you will also get to tailor your own plan according to your specific needs, whether you would simply like more energy throughout the day, you'd like to lose some weight, or you're stressed out. Every recipe included is bursting with goodness, soon you will be too.

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