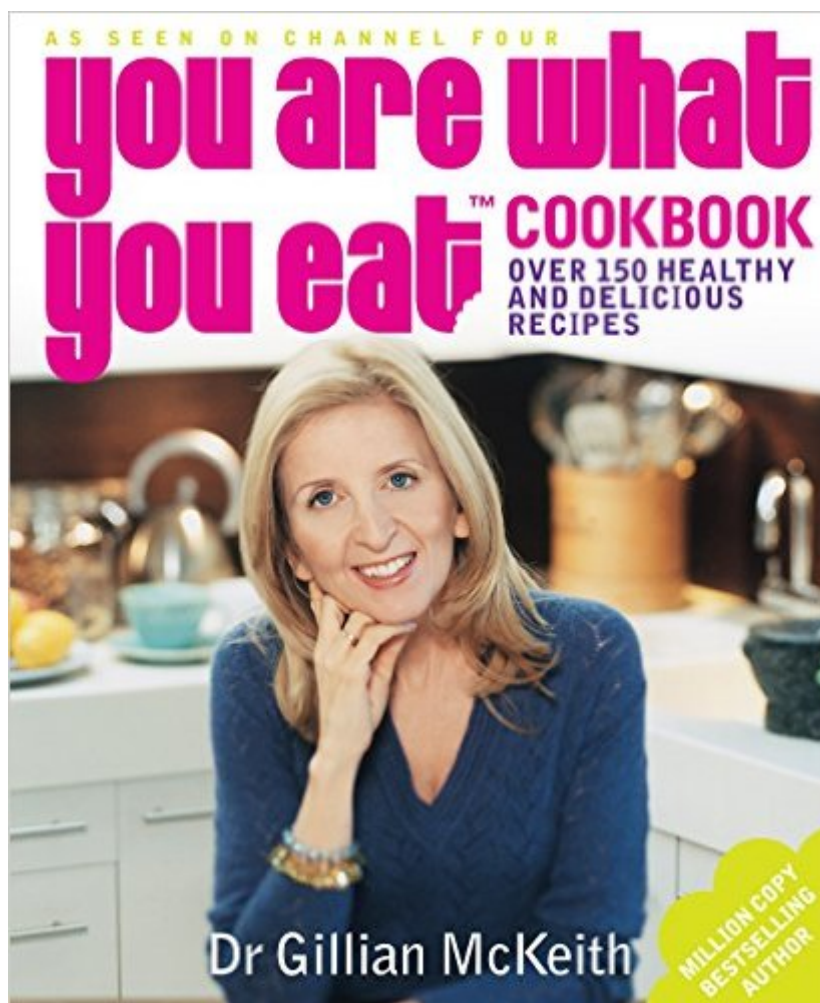


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# You Are What You Eat Cookbook: Over 150 Easy And Delicious Recipes To Inspire The Healthy New



## Synopsis

'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.

## Book Information

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## Customer Reviews

I purchased this cook book and have been trying new recipes every week. I thought I would hate some of the recipes, like fennel, Hazelnut soup, but I loved it. I have been pleasantly surprised by most of the recipes. I have substituted some items in the recipes, and they still taste very good. Ms. McKeith states in the cookbook that you have the option of adding or taking ingredients away from the recipes to suit your taste. When you make the recipes, especially the soups, they yield a very large portion. I Make two or three soups a week, freeze them in containers and take them to work with me. I find I do not waste as much if I freeze everything in portion size containers. If you purchase

this cookbook, a blender is necessary and a food processor is even better. The recipes are easy, but everything is made with fresh vegetables and there is A LOT of peeling and chopping..(another reason I cook on the weekends and freeze everything) If you are American, the cookbook lists all ingredients in grams and liters, I printed a conversion chart on the internet, so I know how many ounces are in an item. The oven temperatures are listed in celsius, but you can also print a conversion list to Fahrenheit. Last but not least, The British call eggplants an aubergine and a zucchini a courgette. You may have to do a search on the name of a food if it is unfamiliar to you, I laughed pretty hard when I did a search for courgettes and Zucchini was listed. This cookbook is my reference now, I have learned to combine foods I would never dream of combining and since I began eating her recipes at most of my meals (Not all! I still love steak once in a while) I can honestly say I feel better than I have in years... The main reason I will continue preparing her recipes is because of the huge impact it has made to my health and well being.

I recently started watching her tv show on BBC America and I am hooked! Everything she says makes perfect sense to me, although I am a health food freak. The cookbook itself contains very easy to follow recipes and most are quite tasty. I am not a good cook to begin with, but can easily follow these recipes. The book also gives nutritional information on the foods and explains why you should eat certain foods to help certain health conditions improve. I don't care if she is a doctor or a lawyer or a sheep herder, this is a great cookbook if you want to lose weight the healthy way, not through dieting but through proper nutrition. Excellent, and one of the few cookbooks I didn't receive and turn around to sell on ebay after realizing they are too complicated!

I believe in the little dynamo Gillian McKeith. She absolutely lays out what is needed to stick to her plan and the results are amazing. These are recipes that make the Slim for Life book workable. It is NOT all beans and sprouts friends. For a 'treat' (read yummy dessert) Try the carob brownies they were exotic and delicious. Life is filled with choices and Gillian explains why some choices are worth making. I even bought a small crock pot, rice cooker and blender to enjoy more of the recipes. It is a well written and interesting cookbook. Try it!

I got hooked on her show on BBC America, my sister bought me the cookbook a few months, and I've been on this diet or should I say life style change, for the past 2 weeks. My husband has dropped 20 lbs. and I've dropped 9, and we love the food. It's great to eat so healthy. Mind you I've always been a big veggie eater anyways, but in all my 46 years I've never cooked with fennel or

leeks and now I can't live without it. She's right, my energy level is higher, my PMS is 75% improved and we are full. Buying organic is not that bad either, food tastes better and with not eating out or eating tons of meat, it is cheaper. We will keep on this lifestyle change and stick with it. Thanks Gillian. Now bring out another cookbook.... I had to order this book for my boss who know wants one as well, as he is jealous of my great healthy lunches. I love aduki beans.....I used to eat Lean Cusines, Weight Watchers etc, but Gillian is right, they have so much sodium. I'm not a fan of salt nor have I ever been, but my hands and ankles love me without the salt from these prepackaged foods. I'm hooked for life. A fan and skinner in Florida.

I collect healthy cookbooks. I'm a natural foods chef. It's an addiction. That said, I've also watched Gillian McKeith when she had the "You are What You Eat" show on. She is an amazing doctor that is able to find the root cause of health issues rather than just treat the issues. Since watching her show, I've heard more and more doctors begin studying the tongue, the eyes, the skin, etc in the very things she mentions on TV and in many of her books to tell you what's going on with your body...and often it does begin with a bad diet. The difference in this cookbook is it's not just a healthy cookbook or a weight loss cookbook..it makes you healthy with foods that enrich many things...your liver, kidney, skin, for example. You just feel so GOOD and light after these meals. And your body responds. I have many of her books, but this is my absolute favorite as I feel it's the most full of easy to do recipes, it's full of great smoothies, things I really love eating, and some of the healthiest meals on the planet...she remembers healthy and light proteins, monounsaturated fats, amino acids...you spend a month on these meals and you will feel and look different. At least I did. Of all the books I have by the author, this was my favorite purchase.

Easy to read. I have been watching the TV show for 6 months by now and I never get tired of it. So I wanted to try the food she suggests to her clients. I already made 5 recepies such as salmon on leeks and spinach or macharel with pine nuts... Delicious and fast to prepare. I am a Holistic Health Practitioner with a passion in nutrition and I read her other bookÂ You Are What You Eat: The Plan That Will Change Your LifeÂ about the principles of good health and what food is good for what situation and I agree with her 99%. I really recommend it to live better, longer and of course to lose weight. I wish she were in the US.

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