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Karin Nielsen-Saines

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Good Food Kitchen Kate Harrison,2014-12-18 More delicious calorie counted recipes for your fast and non fast days from bestselling author Kate Harrison Bestselling 5 2 author Kate Harrison shares more of her favourite easy healthy recipes with inspiring tips life changing stories from 5 2 dieters and down to earth advice on achieving a healthy balanced lifestyle THE 5 2 GOOD FOOD KITCHEN includes 75 new recipes with a wide selection of vegetarian vegan and demi veg friendly meals plus dishes free from dairy gluten and sugar Like Kate s previous books every ingredient is calorie counted and the focus is on fresh full flavoured meals that can be easily adapted to suit anyone with variations for fast and no fast days It also includes A complete easy to follow guide to the 5 2 lifestyle for new starters and maintainers plus seasonal meal plans 5 2 Food Heroes forget over priced supplements Kate profiles the natural inexpensive star ingredients that make you invincible on fast days Inspiring case studies from people who are transforming their lives through intermittent fasting with amazing changes to their weight health and confidence Practical advice on making sense of food scares and myths from the truth about breakfast to the fat vs carb debate THE 5 2 GOOD FOOD KITCHEN offers fresh balanced meals that put healthy food at the heart of your life *The Graphic* ,1878 *Iron* ,1880 *Nature* ,1883 *British Medical Journal* ,1886 **New Statesman and Nation** ,1948 **Gardeners' Chronicle** ,1878 **The Independent** ,1887 **Gardeners' Chronicle and Agricultural Gazette** ,1872 **The New Statesman and Nation** ,1947 **The Baltimore Underwriter** ,1893 *The New Era in Home and School* ,1946 *The Gardeners' Chronicle* ,1881 *Railway News, Finance and Joint-stock Companies' Journal* ,1893 **Littell's Living Age** ,1891 *Egg Industry* ,1993 **Mining Journal** ,1931 **The Tablet** ,1889

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