

## Read Book Tom Kerridge's Dopamine Diet: My Low Carb, Stay Happy Way To Lose Weight

*Tom Kerridge's Dopamine Diet:  
My Low Carb, Stay Happy Way To  
Lose Weight*

True to the 'positive eating, positive living' ethos of Wagamama's idiosyncratic chain of noodle restaurants, this official collection of recipes shares the secret of the hallmarks of culinary minimalism that has won it instant cult status worldwide. The distinctive Wagamama flavour originates from the traditional 200-year-old ramen (noodle) shops of Japan which guarantee nourishment with ingredients that cleanse and nurture the mind and body. Suitable for meat-eaters,

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seafood lovers and vegetarians alike, the 120 recipes have been specially created by the people behind Wagamama's unique house style and concentrate on cooking fresh, quality ingredients in a way that retains maximum flavour and nutrition. With mouth-watering recipes for appetisers and dishes, hearty soups and stir-fries, and exotic sweet-rice desserts and juices, plus hints and tips on ingredients, equipment, cooking techniques and structuring a meal, this unique collection means that the stylish Wagamama experience is now yours to take home. Whether you want to impress the health-conscious dinner guest or simply feed family and friends good, wholesome meals, this book allows you to recreate the best of Japanese cooking with a select

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of delicious, low-fat, one-pot meals which are easy on your time and budget as well as your waistline.

The Freedom, Maine, restaurateur and chef shares one hundred seasonal recipes that celebrate small-town America including such offerings as squid stuffed with sausage, rib steaks, and fried rabbit.

Presents a selection of recipes for traditional breakfast favorites as well as newly created taste treats

INSTANT NEW YORK TIMES and LOS ANGELES TIMES

BESTSELLER "Brilliant... riveting, scary, cogent, and cleverly argued."—Beth Macy, author of Dopesick As heard on Fresh

Air This book is about pleasure. It's also about pain. Most important, it's about how to find the delicate balance between

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the two, and why now more than ever finding balance is essential. We're living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, Instagramming, YouTubing, tweeting... The increased number, variety, and potency is staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. As such we've all become vulnerable to compulsive overconsumption. In Dopamine Nation, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain...and what to do about it. Condensing complex neuroscience into easy-to-

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understand metaphors, Lembke illustrates how finding contentment and connectedness means keeping dopamine check. The lived experiences of her patients are the gripping fabric of her narrative. Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives. In essence, Dopamine Nation shows that the secret to finding balance is combining the science of desire with the wisdom of recovery.

The Cycling Chef

The Beginner's KetoDiet Cookbook

The Skeptical Vegan

The Nordic Art of Analogue Cooking

Ayurveda and Marma Therapy

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More than 100 delicious recipes to fuel your running  
200 Delicious Recipes Cooked in the Nation's Favourite Kitchen

The king of beautiful pub food has collected all of his best ideas into this proper cookbook, ready to warm the world on a grey day and restore the nation's good mood. Tom Kerridge's idea of food heaven isn't fussy gastronomy; it's proper 'man food' with Michelin star magic, including breakfasts that keep you smiling for the whole day, indulgent long lunches, teatime temptations, seasonal snacks and heart-warming suppers. In this cookbook Tom proves that everyone can make proper pub food, and the only place he wants to see a foam is

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on the head of a pint of beer! Over 100 recipes reveal his secrets for making real food truly amazing, including perfected dishes from his childhood and special treats he serves at his own one-of-a-kind pub. These recipes are simply the best version you'll ever have of the dishes everyone loves the most. This fantastic feel-good cookbook is the official accompaniment to Tom Kerridge's Proper Pub Food TV show, featuring all the recipes from the six episodes and many, many more. With excellent photography from Cristian Barnett. Following on from their No. 1 bestselling diet book, THE HAIRY DIETERS, the Hairy Bikers share more delicious low-calorie recipes and easy-to-follow advice. Si King

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and Dave Myers, aka the Hairy Bikers, have been entertaining and feeding Britain with their unique blend of tasty recipes, cheeky humour and motorbike enthusiasm for years now. THE HAIRY DIETERS has sold over 1.2 million copies in the UK and this, their second diet book, delivers even more low-cal family favourites. Packed with 80 delicious low-calorie recipes, tips, and techniques to learn, this collection of diet recipes is the Hairy Bikers at their best. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.

The keto diet is taking over the weight-loss world.



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Followers claim the wildly popular plan helps them quickly shed pounds, while also boosting energy and relieving various ailments. Using the guidelines of the keto diet, Good Housekeeping offers flavorful recipes made with healthy fats, delicious low-carb vegetables and fruits, and lean proteins. With a primer on how to kick-start your ketogenic eating, and tips from the Good Housekeeping Test Kitchen, this book will become your essential reference.

Tom Kerridge shows you how to be the boss in the kitchen and eat well every day, thanks to more than 100 brilliant recipes to give you and your family a fresh start. What's for dinner tonight? Recycle that takeaway menu,

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step away from the microwave and make the most of the amazing British produce with some real home-cooked food from Tom's BBC TV series! Tuck into a quick peanut chicken stir-fry or flavour-packed butternut squash and chickpea curry. At the weekend, Tom's Greek-style roast lamb makes the perfect family feast, and why not get the kids involved in the cooking too? It's very easy to fall into the busy-life trap, especially when ready meals are so convenient. But Tom Kerridge has learnt from experience how important it is to take control over what you eat for the sake of your health and happiness. Now he wants to show you how easy it is to cook amazing meals at home, whether you're short on

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time or lack confidence in the kitchen. Tom Kerridge's Fresh Start is not a diet book, but it is about taking control. If you cook from scratch, you know exactly what is going into your food and can take responsibility for everything that you and your family eat. And with Tom's guidance, you know it will taste amazing too! Including more than 100 delicious recipes for breakfast, quick and easy meals, lighter dishes, veggie suppers, batch cooking, weekend feasts and sweet treats. 'Tom is the perfect person to kick us into a fresh start this new year'

GQ

Lose Weight for Good

Finding Balance in the Age of Indulgence

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The Weekend Cook

Tom's Table

Dopamine Nation

Good Food for Real Life

Good Food: Low-Carb Cooking

This is the first book on marma therapy published in the West. It clearly describes the 107 main marma points in location, properties and usage. It explains in detail how to treat them with many methods including massage, aromas, herbs and yoga practices. Ayurveda and Marma Therapy is an essential reference guide for all students of Yoga,

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Ayurveda, massage or natural healing.

Peri-peri chicken, cottage pie, fudgy chocolate brownies – this is diet food with a difference.

Following on from the No.1 bestseller Lose Weight for Good, top chef Tom Kerridge shows you how to shed the pounds and kick-start a more active lifestyle with ALL of the maximum-taste, lower-calorie recipes from his upcoming BBC2 TV series. Expect MASSIVE FLAVOURS and NUTRITIONAL POWER-PUNCHES! Having lost more than 12 stone in the last five years, Tom knows from experience how important it is to motivate yourself to start

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dieting and exercising – and to stay on track. 'When I first set out to lose weight, I concentrated mainly on what I was eating,' he says. 'But now I know that it's to do with fitness as well: the two working together is the winning formula for getting maximum results and maintaining those results long term. And the number one rule when it comes to eating well on a diet is to keep food interesting! Every recipe in this book not only sustains you through the day, but provides fantastic tastes and textures with each mouthful.' With light bites and veggie feasts, meal-prep to see you through the week and tasty sweet treats, Tom

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has got it covered. The focus is on BOLD FLAVOURS and BIG PORTION SIZES, so you'll never go hungry and you'll always feel satisfied. Recipes include Quick black dhal; Steak tacos with burnt corn salsa; Charred mackerel and potato salad; Lamb bhuna; blueberry meringue sundaes and many more. At the back of the book, you'll find a fantastic bonus chapter with a workout that will help you get started with a healthier lifestyle, no matter where you're at now. It's all about taking control of your life in a positive way, so get ready to EAT better, DO more and LOSE WEIGHT with Tom

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Kerridge!

Over 80 recipes for Sunday suppers and midweek meals, packed full of flavour, from one of the UK's best-loved chefs 'Everything one wants in a cookbook. Beautiful, elegant simplicity. Angela's gorgeous The Weekend Cook is a vital addition to any cook's kitchen' Stanley Tucci 'This is a brilliant cookery book by a brilliant woman' Claudia

Winkleman \_\_\_\_\_ An invitation to supper at Angela Hartnett's house is a real treat. Nestled in the middle of Wilkes Street, in London's vibrant East End, you know you're going to get



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delicious food, great company and a relaxed atmosphere that is as far removed from the high-octane stress of a professional kitchen as it is from the awkward social anxiety that many of us face when hosting a dinner. Angela knows the secrets to throwing the most relaxed and enjoyable dinners for friends and family – sometimes mad, but always magical evenings that people talk about for months afterwards – and in this book she's going to share them. Recipes include: Potato and Wild Garlic Soup Braised Oxtail Whole Trout with Almond and Herb Stuffing Sunday Night Cupboard Spaghetti Queen of

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Puddings Great flavours and simple recipes abound in these pages, each one a joy to cook and eat, from satisfying one-pot dishes and comforting risottos to perfect party food and bakes to feed a hungry crowd. Collected in these pages are over 80 recipes from one of Britain's most-loved chefs, as well as time saving tips and cheats that will take the stress out of hosting and allow you to enjoy your dinner parties without breaking a sweat. The only essential ingredients are friends and family ... and lots of them. \_\_\_\_\_ 'Incredible ... Every dish is heartfelt and flavour-led' Tom Kerridge

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'Whether you are planning a festive dinner party or a simple night in for two, Angela's sumptuous recipes will fill you with joy' Michel Roux Jr

Includes bibliographic references (page 203) and index.

The Louise Parker Method

Recipes for Performance and Pleasure  
Comfort Food (New York Style)

The Hand & Flowers Cookbook

Over 100 Delicious Whole Food, Low-Carb Recipes for Getting in the Ketogenic Zone Breaking Your Weight-Loss Plateau, and Living Keto for Life

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### The Real Meal Revolution

#### Happy Food

200 mouth-watering recipes from Britain's food heroes  
Each weekend, BBC's SATURDAY KITCHEN brings us the world's greatest culinary talents and shows us how to cook delicious food right in our own kitchen. THE SATURDAY KITCHEN COOKING BIBLE is a stunning new collection of recipes, with an introduction from James Martin, that will inspire and delight. All of the recipes have been cooked on the show and now you can make them at home. There are stress-free 30-minute meals such as Bill Granger's stir-fried chilli pork, ideas

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for satisfying weekend lunches, such as Angela Hartnett's chicken with chorizo, peppers and sage, James Martin's hearty beef and ale pie, and sensational dishes from Michelin-star greats like Jason Atherton and Michel Roux for when you really want to impress. Be inspired to create some wonderful dishes of your own. Now you can with THE SATURDAY KITCHEN COOKING BIBLE.

The ultimate barbecue bible from one of Britain's best-loved chefs Michelin-starred chef Tom Kerridge shares his huge passion for barbecue and outdoor cooking in this timely new book. He takes simple ideas like burgers

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and grills, and creates the ultimate version with over 80 recipes that are stunningly delicious. Chapters include hearty favourites like pork and chorizo burger, veggie mains like charred cauliflower salad, and shareable snacks like aubergine dips and flatbreads. He also includes desserts and drinks, tips and advice for the perfect summer barbecue, campfire or outdoor gathering with friends and family. Whether you're a beginner barbecuing on your balcony or a seasoned pro who really knows your smoke, charcoal and fire, Tom Kerridge's Outdoor Cooking truly has something for everyone. Take your staycation to the next level this year.

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with an entire summertime's worth of incredible outdoor cooking inspiration

Equally popular for weight-loss and health-conscious reasons, low-carb diets are all the rage. Jump on the bandwagon, or support a long-standing lifestyle choice, with this handy little cookbook from the Good Food team. Full of new ideas to keep mealtimes interesting, these recipes prove that low-carb food can be filling and delicious, as well as super healthy! Each of the 101 recipes for main courses, snacks and treats is accompanied by a full nutritional break down and colour photo and the Good Food triple-testing process

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means low-carb cooking will be as easy as it is rewarding!

In GET THE GLOW nutritional health coach to the stars Madeleine Shaw shows you that eating well can easily become a way of life, resulting in the hottest, healthiest and happiest you. Healthy eating shouldn't be about fad diets, starvation or deprivation. Instead, Madeleine's philosophy is simple: ditch the junk and eat foods that heal your gut so you can shine from head to toe and really get the glow. Lavishly illustrated with sumptuous photography, GET THE GLOW is a cookbook to be savoured. Madeleine shares 100



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delicious, wheat- and sugar-free recipes bursting with flavour and nutritional value leaving you feeling full and nourished. Every mouth-watering dish is easy to make, contains ingredients that can be found in your local supermarket and won't break the budget. You'll lose weight, feel healthier and will glow on the inside and out. Including a six-week plan and advice on kitchen cupboard essentials and eating out, Madeleine's down-to-earth and practical guidance will help you to embrace GET THE GLOW as a lifestyle for good. This book will inspire you to fall back in love with food, life, and yourself.

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Kick start your new year with all the recipes from Tom's BBC TV series and more

My Journey from Notorious Meat Eater to Tofu-Munching Vegan—A Survival Guide

The Breakfast Book

My low-carb, stay-happy way to lose weight

Best of the Best Presents the Complete Low-carb Cookbook

The Low-Carb Diabetes Cookbook

Best of the Best Presents Quick and Easy Low-Carb Cookbook

*'Louise Parker, AKA the figure magician, has worked*

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*her magic on actors, athletes, pop stars, politicians and princesses and believes absolutely anyone can have a sensational body.' Glamour 'Louise Parker is one of the very few weight-loss experts worth the title. A genius method, an unbelievable client list and years of experience.' Good Housekeeping 'Clever, kind and committed to getting you the best body possible. Louise Parker really does think of everything.' Tatler 'Quite simply the most intelligent weight-loss programme out there.' Independent It is not a diet - it is an inspiring, easy-to-follow programme for life, consisting of two phases: TRANSFORM - taking the direct route to your best body LIFESTYLE - protecting your results for life The*

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*method is the best-kept secret of A-list celebrities, royals, global CEOs, entrepreneurs and London society - the quickest, most do-able approach of total body and lifestyle transformation. It contains over 80 effortless recipes to help you 'Eat Beautifully' and avoid being 'Organically Overweight'. Many of the recipes call for fewer than 8 ingredients and take just 8 minutes to prepare. For the first time, Louise shares her unique four-pronged approach to lasting success that has made her method the mecca for worldwide clients demanding the most intelligent, focused and practical solution to permanent weight loss and habit change. The book details four simple pillars that promise you can drop two dress sizes in*

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*six weeks without a chia seed in sight. Think Successfully - positivity, keeping inspiring company and making time for simple pleasures every single day Live Well - de-cluttering your surroundings, a Digital Detox after 9pm every night, sleeping 7-8 hours a night and taking 20 minutes a day to 'brain nap' Eat Beautifully - eating 3 meals and 2 snacks daily from any of the 80 delicious recipes in the book Exercise Intelligently - achievable goals of walk a minimum of 10,000 steps, exercise for 30 minutes, following Louise's workouts or other exercises you enjoy*

*Thanks to his Dopamine Diet, Michelin-starred chef Tom Kerridge has shed eleven stone over the past*

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*three years. That's the same as 70 bags of sugar. If you're struggling with your weight and need to shift unhealthy pounds, this new approach makes it easy, and is guaranteed to make you feel happier in the process. Most people find it hard to keep to a long-term diet, but this one is different. The recipes feature ingredients that trigger the release of the 'happy hormone' dopamine in your brain, so it's a diet that will make you feel good! Tom's 'dopamine heroes' include dairy products such as double cream and yoghurt, good-quality meats including beef, chicken and turkey, and even chocolate. By ditching alcohol and starchy carbs in favour of plenty of protein, fresh fruit and veg, you will be eating meals*

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*that will help you shed the weight, whilst offering a satisfying intensity of flavour. Treats in store for Dopamine Dieters include spinach, bacon and mint soup; roasted onion salad with fried halloumi; shepherd's pie with creamy cauliflower topping; soy glazed cod with chilli, garlic and ginger; braised beef with horseradish; Chinese pork hot pot; and chocolate mousse with sesame almond biscuits. These are recipes that don't feel like diet food, and can be shared with friends and family. It worked for Tom and it can work for you. Give it a go! And lose weight the Dopamine Diet way.*

*A delicious cookbook from Tom Kerridge featuring his favourite everyday recipes Tom Kerridge is*

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*known for beautifully crafted food and big, bold flavours. Tom's Table features 100 delicious everyday recipes so that anyone can achieve his Michelin-starred cooking at home. This is the sort of food you'll cook again and again, whether you bring his hearty and delicious starter, side, main and dessert recipes to quick mid-week meals or weekend dinners. The recipes include Cheddar and ale soup, Simple sunflower-seed-crusting trout, the ultimate Roast chicken, Lamb ribs with roasted onions, Stuffed green peppers, Home-made ketchups, Popcorn bars, Date and banana milkshake, Pecan tart, and many more. With every recipe photographed by Cristian Barnett, this book is full of inspiring yet simple ideas*



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*from the man of the moment.*

*'I've been submerged in the cuisines and food culture of Spain and Italy for well over a decade and explored the many regions of these magnificent countries with their markedly different styles and nuances. Throughout the years I've become more and more intrigued by the regions where the Moorish influence has left a pronounced mark and combined seamlessly with the local flavours and ingredients to produce an exotic, full flavoured and vibrant cuisine.'*

*Within these pages, Ben Tish explores this further with over 100 mouth-watering recipes guaranteed to delight anyone who eats at your table. Spices, fruits and incredible flavours that the Moors introduced,*

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*such as cumin, cardamom, saffron, coriander, ginger, apricots, watermelons and pomegranates were absorbed into the cultures of Spain, Sicily and Portugal, creating big flavoured dishes with a sun-soaked, exotic taste of North Africa and the Arabic world combined with local heritage, all of which can be found in this book. With chapters such as breakfast, brunch and bread, grilling and smoking, fresh, and sweet and sour, Ben offers his own interpretations of these classic recipes, including shakshuka, red prawn crudo, spiced venison and quince pinchos, wood-baked Moorish chicken pine nut and raisin pie, slow cooked fish and shellfish stew with saffron and star anise and octopus and smoked*

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*paprika with black beans and rice. This food to share and enjoy, bringing a little extra flavour to your kitchen.*

*60 Low-Carb, High-Fat Recipes*

*Full-flavour cooking for a low-calorie diet*

*My Favourite Everyday Recipes*

*Tom Kerridge's Proper Pub Food*

*SPUNTINO*

*Origin Story*

*Good Housekeeping Keto Diet*

***This New York Times bestseller "elegantly weaves evidence and insights . . . into a single, accessible historical narrative" (Bill Gates) and presents a***

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***captivating history of the universe -- from the Big Bang to dinosaurs to mass globalization and beyond. Most historians study the smallest slivers of time, emphasizing specific dates, individuals, and documents. But what would it look like to study the whole of history, from the big bang through the present day -- and even into the remote future? How would looking at the full span of time change the way we perceive the universe, the earth, and our very existence? These were the questions David Christian set out to answer when he created the field of "Big History," the most exciting new approach to understanding where we have been, where we are,***

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***and where we are going. In Origin Story, Christian takes readers on a wild ride through the entire 13.8 billion years we've come to know as "history." By focusing on defining events (thresholds), major trends, and profound questions about our origins, Christian exposes the hidden threads that tie everything together -- from the creation of the planet to the advent of agriculture, nuclear war, and beyond. With stunning insights into the origin of the universe, the beginning of life, the emergence of humans, and what the future might bring, Origin Story boldly reframes our place in the cosmos. 'Every day I try to make each dish as good as it can***

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***be: my personal best ever. I like getting the balance of taste and texture just right, using familiar ingredients and creating big, intense flavours. Now, I hope you'll use my recipes to make some best ever dishes of your own.' Tom Kerridge As the most down-to-earth but high-flying chef on the food scene, Tom Kerridge has become known for his big flavours and beautifully crafted yet accessible food. And with more than 100 of his favourite recipes, Best Ever Dishes brings this spectacular cooking to the home kitchen. Tom starts with classics we all love such as tomato soup, chicken Kiev and rice pudding (plus a few new ideas of his own), then refines and***

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***elevates them to the best version that he has ever tasted. Give the Kerridge twist to a simple lasagne, and you'll discover that every mouthful is a taste explosion. Put a special spin on a chocolate tart, and you'll transform it into an exceptional, melt-in-the-mouth pud of the gods. With stunning photography by Cristian Barnett, this book really will change the way you cook. Get ready for Tom's new book, Lose Weight & Get Fit – coming this December.***

***Discover the secrets of real Italian food with Gino D'Acampo as he captures the flavours, smells and tastes of his homeland in over 100 deliciously simple recipes. From much-loved pizza, pasta and antipasti***

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***dishes, to Gino's classics with a twist such as Honey & Rosemary Lamb Cutlets and Limoncello Mousse, this book is packed with mouth-watering favourites that will soon have you cooking and eating like a true Italian. Accompanying a major ITV series, Gino's Italian Escape is a celebration of the very best Italian food from one of the country's favourite exports. You can reverse pre-diabetes and type 2 diabetes when you change how you eat International diabetes expert David Cavan has teamed up with food writer and type 1 diabetic Emma Porter to create 100 low-carb, healthy-fat recipes to help reverse type 2 diabetes and prediabetes, and control type 1***



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***diabetes as part of a healthy lifestyle. From simple breakfasts and tasty snacks to indulgent dinners and healthy desserts the authors will help you take control of your health and cook meals the whole family will enjoy. The recipes also help manage type 1 diabetes more effectively. Recipes include: Baked eggs in avocado with roasted fennel and tomatoes One-pan blueberry pancake Roasted aubergine and garlic salad with olive oil, basil and tomato Mexican-style fajitas Nutty mushroom risotto with bacon Slow-roasted salt and pepper pulled pork Orange and almond cake Cherry, chocolate and coconut cream ice lollies***

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***How to Love Food, Lose Weight and Keep it Off for Good!***

***Lean for Life***

***Tom Kerridge's Dopamine Diet***

***Vibrant recipes from the Mediterranean***

***A Big History of Everything***

***100 Low-Carb, Heart-Healthy Recipes for Lasting Weight Loss***

***100 delicious recipes to help control type 1 and reverse type 2 diabetes***

***UK WINNER - GOURMAND WORLD COOKBOOK***

***AWARDS 2020 'I can't think of a finer chef to have written***

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*a book on nutrition and diet for athletes' Tom Kerridge A must-have recipe book designed for cyclists of all levels, written by Alan Murchison - a Michelin-starred chef and champion athlete who now cooks for British Cycling's elite athletes. His easy-to-make and nutritionally balanced meals will help cyclists reach their cycling performance goals - this is flavoursome food to make you go faster. The Cycling Chef features more than 65 mouth-watering recipes - including breakfasts, salads, main meals, desserts and snacks, as well as vegetarian and vegan dishes - each designed with busy cyclists in mind. They are all quick and easy to prepare, and are made from ingredients that are*

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*readily available in any local supermarket. A good diet won't make a sub-standard cyclist into a world beater, but a poor diet can certainly make a world class or any ambitious cyclist sub-standard. However, an optimised diet, whatever your potential, will help you reach your own personal performance goals.*

*The long-awaited cookbook from Tom Kerridge's legendary two-Michelin-star pub. The Hand & Flowers is the first (and only) pub in the world to acquire two Michelin stars. At this relaxed and accessible dining space in the heart of Buckinghamshire, Tom Kerridge serves up innovative, sophisticated dishes that masterfully reinvent and elevate*

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*British classics for the twenty-first century. The incredible new cookbook presents 70 of the best dishes that have ever appeared on the menu, including Roast hog with salt-baked potatoes and apple sauce; Slow-cooked duck breast, peas, duck-fat chips and gravy; Smoked haddock omelette; Salt cod Scotch egg with red pepper sauce and picante chorizo; and Chocolate and ale cake with salted caramel and muscovado ice cream. With specially commissioned photography by renowned photographer Cristian Barnett, The Hand & Flowers Cookbook is a stunning celebration of one of the world's best and most authentic restaurants. Easy pizza. Fish-in-a-bag. Cajun spiced eggs. French apple*

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*tarts. If you think this doesn't sound like diet food, then think again. Featuring ALL the recipes from his BBC2 TV series, Tom Kerridge shows how you can enjoy all your FAVOURITE FOODS and still LOSE WEIGHT with his LOWER-CALORIE DIET WITH A DIFFERENCE.*

*Michelin-starred chef Tom Kerridge has been developing top recipes for nearly three decades and knows how to make things taste good. He also understands how much willpower it takes to shift unhealthy excess weight, because he has lost over 11 stone in the last four years by following a low-carb diet. Now Tom is turning his attention to helping food-lovers who have chosen a lower-calorie diet as their own route to*

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*weight-loss. This is a lower-calorie diet with a difference – it's based on hunger-satisfying portions of delicious, lower-calorie dishes that taste amazing. The focus is on the food that we can and should be eating to lose weight, which is easy to make and won't make you feel as though you are missing out. Recipes include Southern-style chicken; One-layer lasagne; Chicken tikka masala; Lamb doner kebab; Beef stroganoff; Sweet potato and black bean burritos; Sticky pork chops; and Baked doughnuts with sweet five-spice dust. As Tom says: 'It's impossible to stick to a diet if the food you're expected to eat is boring and doesn't fill you up. So I've developed lots of tasty and satisfying recipes that*

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*people will love to cook and eat, but that will also help them lose weight. I truly believe that this attitude works. I've been there myself and now I want to help others get there too.' By adopting a new, healthy approach to eating you really CAN lose weight for good.*

*PETA's 2017 Vegan Cookbooks We Can't Cook Without Vegan Confessions of an Ex-Omnivore and His Survival Guide to Living Fully (Literally and Metaphorically).*

*Growing up in an all-women household and coddled endlessly by his Italian mother and grandmother, Eric Lindstrom was nourished to obesity on meaty sauces, fried eggs, and butter-laden cookies. After spending the first half*



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*of his life as an adamant omnivore, Lindstrom went 100% vegan. Reluctantly. Overnight. From burgers to beets, from pork to parsnips. It's time for a down-to-earth book that proves anyone can go vegan (even someone who once ate sixty-eight chicken wings in a sitting). How can a man adopt a vegan approach? Won't he die of protein deficiency? What if he is married to a vegan woman? How would he order a salad at a Minnesota steakhouse? What should he bring to a gluten-free, nut-free, macrobiotic, nightshade-free, oil-free, vegan potluck (true story)? Part confession and part survival guide, *The Skeptical Vegan* explains how simple it really is to be vegan, covering topics from food and*

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*nutrition to social challenges and lifestyle. Snarky, witty, and opinionated to a fault, Lindstrom speaks as a male vegan, contesting the notion that “real men” should only eat meat. With twenty original “veganized” recipes including portobello steaks, carrot hot dogs, tofu wings, “meaty” chili, and cauliflower bites (which helped him shed thirty pounds), Lindstrom demonstrates how to take control of your diet while still eating “meatily” and taking into account the ethical considerations of living a better life for the animals, the environment, and yourself.*

*The Radical, Sustainable Approach to Healthy Eating*

*How eating well can lift your mood and bring you joy*

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*Recipes and a Good Life Found in Freedom, Maine*

*Tom Kerridge's Best Ever Dishes*

*Slimming World 30-Minute Meals*

*Energy Points in Yogic Healing*

*Get The Glow*

*'Scientists labelled fat the enemy . . . they were wrong.' Time magazine We've been told for years that eating fat is bad for us, that it is a primary cause of high blood pressure, heart disease and obesity. The Real Meal Revolution debunks this lie and shows us the way back to restored health through eating what human beings are meant to eat. This book will radically transform your life by showing you clearly, and easily, how to take control of not just your weight, but your overall health, too - through what you eat. And you*

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*can eat meat, seafood, eggs, cheese, butter, nuts . . . often the first things to be prohibited or severely restricted on most diets. This is Banting, or Low-Carb, High-Fat (LCHF) eating, for a new generation, solidly underpinned by years of scientific research and by now incontrovertible evidence. This extraordinary book, already a phenomenal bestseller, overturns the conventional dietary wisdom of recent decades that placed carbohydrates at the base of the supposedly healthy-eating pyramid and that has led directly to a worldwide epidemic of obesity and diabetes. Both a startling revelation, and as old as humanity itself, it offers a truly revolutionary approach to healthy eating that explodes the myth, among others, that cholesterol is bad for us. This is emphatically not just another unsustainable, quick-fix diet or a fad waiting to be forgotten, but a long-delayed return to the way human beings are*

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*supposed to eat. The Real Meal Revolution is an ebook which maintains the design of the book, and as a result will not display correctly on some basic reading devices.*

*'With equal parts of birch wood and passion, we keep the flames alive. We cook all our ingredients over an open fire. Charcoal and smoke are our most powerful tools. No electric griddle, no gas stove – only natural heat, soot, ash, smoke and fire. We have chosen these ways to prepare our food as a tribute to the ancient way of cooking. At Ekstedt it is the flames that are superior.' Through his bold flavours at the eponymous Michelin-starred restaurant, Niklas Ekstedt ignites our primal fire-side instincts. His abandonment of modern technology may be a little difficult to replicate in your own kitchen, but his spirit will convince you to get back to basics where you can. The restaurant, Ekstedt, is at the very heart and centre of*

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*the book, providing the foundation for Niklas' stories of seasonal, and regional, traditional Swedish cooking. Dishes from the restaurant, and in the pages of this sumptuous book, include braised lamb shoulder with seaweed butter and wild garlic capers, juniper-smoked pike and perch, ember-baked leeks with charcoal cream, pine-smoked mussels, and wood-oven baked almond cake. Stunning photography from David Loftus brings Niklas' recipes and the Nordic seasons to life. ----- Praise for Food From The Fire Best books of 2016 – London Evening Standard 'The Swedish cookbook that's about to set your world – ok – your dinner on fire' – Esquire Magazine*

*Hidden behind rust-coloured frontage in the bustling heart of London's Soho, Spuntino is the epitome of New York's vibrant restaurant scene. After bringing the b acari of Venice to the*

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*backstreets of the British capital at his critically acclaimed restaurant POLPO, Russell Norman scoured the scruffiest and quirkiest boroughs of the Big Apple to find authentic inspiration for an urban, machine-age diner. Since its smash-hit opening in 2011, the restaurant has delivered big bold flavours with a dose of swagger to the crowds who flock to its pewter-topped bar. Spuntino will take you on culinary adventure from London to New York and back, bringing the best of American cuisine to your kitchen. The 120 recipes include zingy salads, juicy sliders, oozing pizzette, boozy desserts and prohibition-era cocktails. You'll get a glimpse of New York foodie heaven as Russell maps out his walks through the city's cultural hubs and quirky neighbourhoods such as East Village and Williamsburg, discovering family-run delis, brasseries, street traders, sweet shops and liquor bars. With radiant photography by*

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*Jenny Zarins capturing New York's visceral grittiness, Spuntino pays homage to the energy, dynamism and extraordinary cuisine that the world's greatest melting pot has inspired.*

*The Complete Low-Carb Cookbook is not just George Stella's best collection of recipes, but his definitive word on low-carb eating.*

*With hundreds of helpful tips, you aren't just following along; you are learning how to use Stella's techniques to reinvent any of your own recipes without the use of processed foods. You are also learning how these techniques helped his family of four lose over 560 pounds.*

*Moorish*

*The Dopamine Diet*

*The Song of the Solitary Bass Fisher*

*Ekstedt*



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*Delicious and Easy Recipes That Will Nourish You from the Inside Out*

*Tom Kerridge's Outdoor Cooking*

*The Wagamama Cookbook*

Whether you're eating paleo, ketogenic, glutenfree, or sugar-free, George's recipes are sure to fit your dietary needs. These recipes are so delicious, you won't believe they are low-carband you'll love that they can be made quicker, easier, and with fewer ingredients than ever before! For those new to eating low-carb, George has included his Two-Day Challenge: stop eating processed and refined foods any two days a week, while getting into the habit of

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eating more fresh foods. If you can't give up carbs entirely, try cutting back! You might just discover that you don't even miss the carbs.

When you're feeling hungry or in a real hurry, it is so easy to opt for the quickest option. But fast food doesn't have to be junk food. 30-Minute Meals helps you to provide nutritious, wholesome food for all the family, not just those who are slimming, without getting stuck in the kitchen for hours on end. This book is full to bursting with more than 120 recipes based on Slimming World's acclaimed Food Optimising programme. Highlights among the soups and starters are hot and sour seafood soup, chive

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and mushroom quiches, or pink peppercorn and smoke salmon pâté. For filling snacks, try the skillet 'pizzas' or Tex-Mex tacos, or for a truly tempting salad choose between tiger prawns and asparagus or grilled calamari and rocket. Meat and fish recipes include roasted citrus chicken and pork and mango parcels, or try oven-baked sea bass with bacon and cherry tomatoes. There are some wonderfully tempting vegetable dishes, such as baked spinach gnocchi or basil and chilli linguini, while the dessert menu includes amaretti stuffed nectarines and cinnamon poached pears. Anyone interested in easy-to-prepare, full-flavoured and healthy food will find

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this book useful, whether they are slimming or not!  
Tom Kerridge's Dopamine Diet My low-carb, stay-happy way to lose weight Bloomsbury Publishing  
More than 100 tempting recipes to fuel your running  
Whether you're training for a marathon, a half-marathon, an ultra-distance event or just looking to improve your parkrun time, what you eat makes all the difference. This is the ultimate nutrition guide and cookbook for runners, packed with easy, delicious recipes and practical eating advice on how to prepare for 5k, 10k, half-marathons, marathons and ultra-races. Find out what to eat before, during and after your running sessions to get the most out

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of your training, with additional guidance on hydration, supplements and how to optimise recovery from injury. Enjoy more than 100 easy-to-prepare recipes – including breakfasts, salads, main meals, vegetarian main meals, desserts and snacks – all nutritionally balanced to help you go the extra mile and achieve your running goals.

The Runner's Cookbook

The Lost Kitchen

Tom Kerridge's Fresh Start

Everyday Superfoods

Essential Ketogenic Mediterranean Diet Cookbook

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Lose Weight & Get Fit

***The Essential Guide to Adding Superfoods to Your Diet, One Easy Step at a Time. In Everyday Superfoods, bestselling author and nutritionist Dr Nandita Iyer brings to you everything you need to know about easily available local superfoods and ways to incorporate them into your diet. Through 60 simple recipes using an arsenal of 39 superfoods easily found in Indian kitchens, this book will not just help you understand your relationship with food but also show you how to improve your eating habits and enrich your daily meals with the goodness of***

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***superfoods. This book includes: -Details on specific superfoods for boosting immunity, treating diabetes and for better skin and hair; -Daily meal plans, how to shop for the right superfoods, the kind of utensils to use for cooking, superfood swaps, creating your own recipes, cooking for lunch boxes and how to set up a kitchen garden; -A serious look at sustainability in superfoods, including more biodiverse produce, reducing food waste and being a conscious consumer. At a time when living healthier is paramount, this book will act as an essential guide to unlocking the very best***

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***attributes of your food.***

***The heart-healthy Mediterranean diet meets the fat-burning power of keto! The Mediterranean diet has long been revered as one of the healthiest ways to eat--but what if you could make it even better? The Essential Ketogenic Mediterranean Diet Cookbook combines the heart-healthy and fiber-rich foods and healthy lifestyle habits of the Mediterranean diet with the low-carb, moderate-protein, and high-fat ratios of the ketogenic diet. Discover this powerhouse combination diet that will help you lose weight, improve your cardiac and gut***



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***health, and feel more energized. The Essential Ketogenic Mediterranean Diet Cookbook outlines the hows and whys of the diet in detail and provides two weeks of meal plans to get you started. Including 100 delicious recipes like Greek Egg and Tomato Scramble and Braised Short Ribs with Red Wine, the dishes also use everyday ingredients to set you up for sustainable, long-term success. This ketogenic Mediterranean diet cookbook includes: Best of all worlds--From weight loss to cardiac health to improved cognitive function, see why this diet is a winning combination. Understand the***

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***science--An explanation of macronutrients and how our bodies burn fuel will help you understand the science of the diet and why it works. Jumpstart your new lifestyle--Comprehensive shopping lists and meal plans guide your successful transition into ketosis. Add the calorie-burning science of Keto to one of the most recognized, natural food-based diets in history and you get The Essential Ketogenic Mediterranean Diet Cookbook.***

***'Writing this book has changed our lives. And it could soon change yours too. Although both Niklas and I have devoted a great deal of our***

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***adult lives to food and how it affects us, the work we've done on HAPPY FOOD has forced us to re-evaluate everything that we have learned.'***  
***- Henrik Ennart The conversation around gut health and the food we eat has been ongoing for a while, but in this book Niklas Ekstedt and Henrik Ennart go one step further to look at how the food we eat affects our brains and mental health, too. You won't find a more interesting and hands-on book about this subject that delves deep enough into the science without being dry. The unbeatable combination of Ekstedt's recipes and kitchen know-how with Ennart's research***

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***and flowing narrative, along with beautiful pictures and impeccable Nordic cooking, makes this book a must-have. HAPPY FOOD takes Hygge into your kitchen allowing everyone the chance to live and eat like the Scandinavians. With its practical and inspiring advice, HAPPY FOOD will be your companion in everyday life, both in and out of the kitchen. Ennart and Ekstedt elegantly navigate between the “Early Bird” health-shot and the anti-inflammatory burger all the way to super-beetroot juice. It's all about good food, and how the right meal can change your life.***  
***The Hairy Dieters Eat for Life***

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Low Carb, Stay Happy Way To Lose Weight

***Gino's Italian Escape (Book 1)***

***The ultimate modern barbecue bible***

***Saturday Kitchen Cooking Bible***

***100 high-flavour recipes for dieting and fitness***