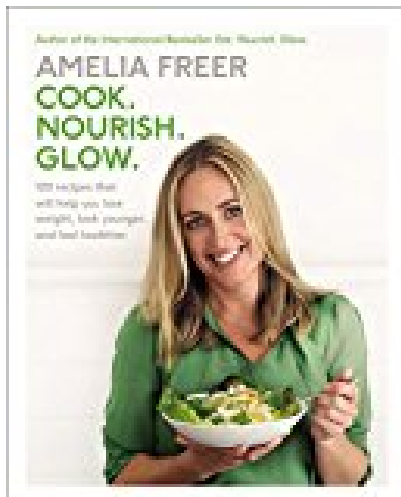


# Cook. Nourish. Glow. 120 Recipes That Will Help You Lose Weight Look Younger and Feel Healthier

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## BOOK DETAILS

- Author : Amelia Freer
- Pages : 336 Pages
- Publisher : Harper Wave
- Language : English
- ISBN : 0062463446

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## BOOK SYNOPSIS

The eagerly anticipated companion to the #1 international bestseller *Eat. Nourish. Glow.*, filled with fabulous recipes for making a whole-foods based lifestyle easy and delicious. In her international bestseller *Eat. Nourish. Glow.*, celebrity nutritionist Amelia Freer introduced her whole-foods philosophy and provided ten easy steps to help you look younger, lose weight, and feel great. In *Cook. Nourish. Glow.* she builds on the handful of recipes in her previous book, offering 100 wholesome dishes and meals illustrated with beautiful photos and step-by-step visuals. Amelia's simple but delicious recipes and tips make living a healthy lifestyle effortless. From preparing and using wholesome pantry staples to whipping together on the go meals and snacks; cooking gut-friendly foods to baking a few "naughty" treats, Amelia equips you with the skills and knowledge you need to cook with confidence and improve your health with every bite.

### **COOK. NOURISH. GLOW. 120 RECIPES THAT WILL HELP YOU LOSE**

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