

Download You Are What Eat Cookbook

You Are What You Eat Cookbook | Gillian McKeith | ISBN: 9780718147976 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon. You Are What You Eat Cookbook Eat delicious food, feel healthier, look fabulous The You Are What You Eat Cookbook makes healthy living easy, simple and fun. 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. '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.