

# Télécharger Livres Gratuit The Nourishing Cook (PDF | ePub | Mobi) Leah Itsines DataBase Book



Self-taught cook and food blogger Leah Itsines is happiest when she's preparing delicious food for the people she loves. She's on a mission to help others make healthy eating an easy lifestyle choice by promoting creativity and confidence in the kitchen.

With over 100 colourful recipes that are close to Leah's heart, **The Nourishing Cook** will inspire you to have a go and learn for yourself just how effortless it is to create nutritious meals that everyone will want to eat. You'll discover:

- \*A clear approach to nutrition for every meal.
- \*How to love making simple, yummy food by going back to cooking basics.
- \*Leah's tips for food shopping, setting up her kitchen and her all-time favourite staples.

\*How to boost your energy and reset your body with her 've tailored 'days on a plate'.

Leah's passion for healthy, wholesome food shines through on every page, and the key ingredient here is balance - if you enjoy a varied diet that is flexible and full of wholefoods, you needn't deprive yourself of anything!

**This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.**

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<b>Author</b>	:	Leah Itsines
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