

Télécharger Livres Gratuit Well+Good Cookbook (PDF | ePub | Mobi) Alexia Brue & Melisse Gelula download-free



RECIPES TO IMPROVE YOUR SKIN, SLEEP, MOOD, ENERGY, FOCUS, DIGESTION, AND SEX

From the trusted, influential, and famously trend-setting website comes the first ever *Well+Good* cookbook. Founders Alexia Brue and Melisse Gelula have curated a collection of 100 easy and delicious recipes from the luminaries across their community to help you eat for wellness. These dishes don't require a million ingredients or crazy long prep times. They are what the buzziest and busiest people in every facet of the wellness world—fitness, beauty, spirituality, women's health, and more—cook for themselves. Enjoy **Venus Williams' Jalapeno Vegan Burrito**, **Kelly LeVeque's Chia + Flax Chicken Tenders**, **Drew Ramsey's Kale Salad with Chickpea Croutons**, and **Gabrielle Bernstein's Tahini**

Fudge, among many other recipes for every meal and snack time.

Whether you want to totally transform your eating habits, clear up your skin, add more nutrient-rich dishes to your repertoire, or sleep more soundly, you'll find what you need in this book. Along with go-deep guides on specific wellness topics contributed by experts, this gorgeous cookbook delivers a little more wellness in every bite.

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Author	:	Alexia Brue & Melisse Gelula
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