

## You are What You Eat Cookbook (Paperback) - Common



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 allows you to eat more, not less. The key is variety, and this book provides over 200 recipes and menu plans for daily life, from mouthwatering smoothies to lunches on the run to family meals.

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