



You Are What You Eat Cookbook: More Than 150 Healthy and Delicious Recipes

Gillian McKeith

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Based on the BBC America TV show "You Are What You Eat," this cookbook contains more than 150 healthy and delicious recipes for sumptuous, slimming, and nutritionally sound food, including juices and smoothies, soups, salads, main meals, and more, including healthy Mediterranean diet-inspired recipes. Full color.

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