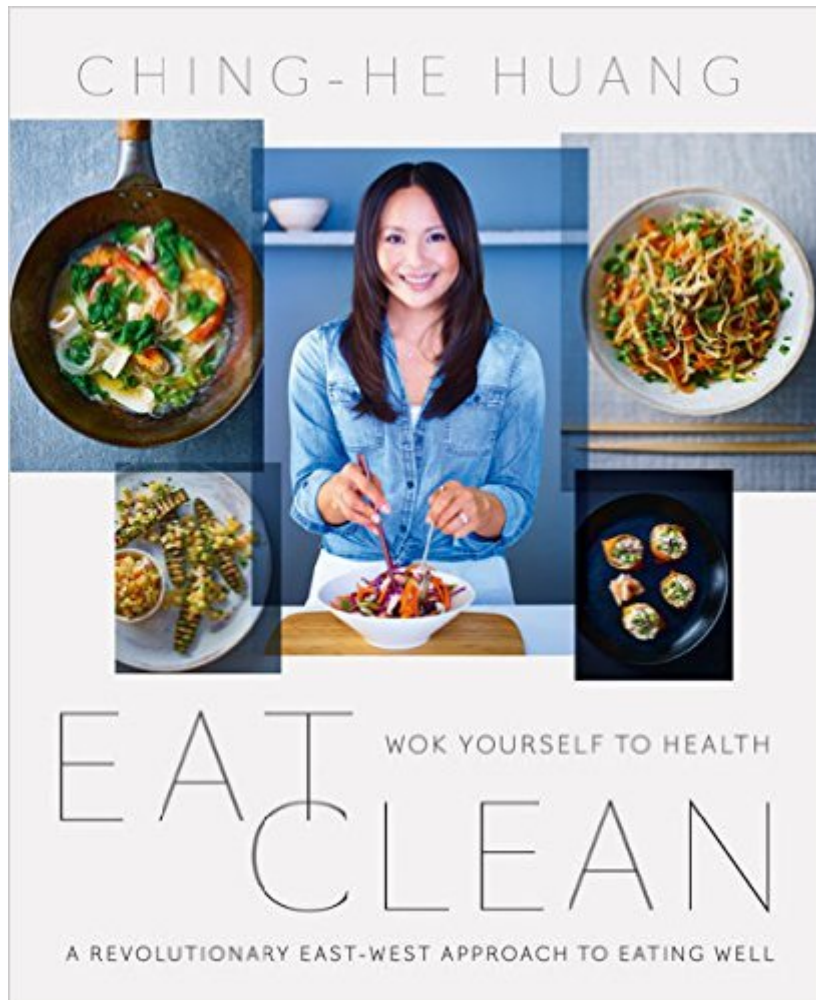


The book was found

Eat Clean: Wok Yourself To Health



Synopsis

A REVOLUTIONARY EAST-WEST APPROACH TO EATING WELL Eat Clean and feel great with over 100 nutritious and easy Asian soups, salads and stir-fries for everyday health. Ching-He Huang's promise is simple: with just a wok, a knife and a chopping board, you can revolutionise your diet and feel fantastic. Renowned TV chef and cookery writer Ching transformed her health when she began eating clean - cutting out over-processed, high-sugar foods and embracing natural produce, cooked simply. Featuring fresh, vibrant flavours that make you feel bright, healthy and energised, Ching's new book Eat Clean shows that by choosing the right foods and adopting easy-to-follow techniques, you too can create delicious meals that help to detoxify and nourish your body so you feel better, stronger and slimmer. With recipes such as Sunshine Energising Oatmeal, Wok-fried Lemongrass Spiced Chicken and Herby Thai Beef Salad, Ching fuses healthy eastern and western cookery to help you create easy, speedy, mouth-watering dishes for breakfast, lunch and dinner. Ching's done all the hard work for you, so start chopping, get wokking and eat your way to good health!

Book Information

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Customer Reviews

An excellent book written by an awesome chef!

Great book. Preface gives you the science and the author's personal journey. Not all recipes will be to your taste but there are plenty to get you on the road to better intestinal and overall health. Then

you get a bit excited about whole foods and start to come up with your own adaptation of a recipe. Added to Dr Michael Mosely's fast diet which also advocates whole foods with fasting and I feel like I am on the right track.

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