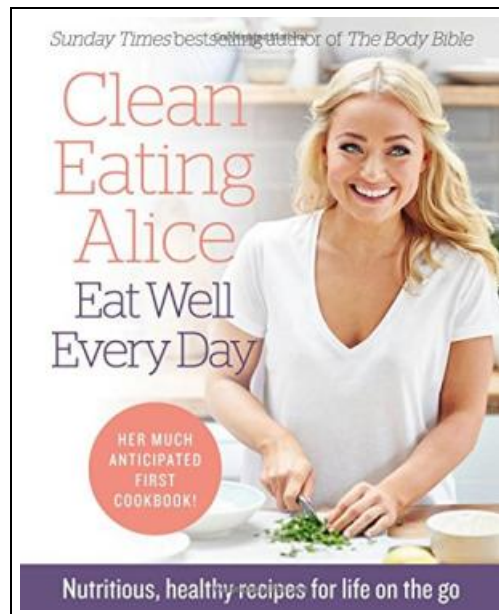


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HarperCollins Publishers, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Sunday Times Bestselling author, Clean Eating Alice shares a fabulous selection of 100 new recipes in her eagerly anticipated first cookbook. Hundreds of thousands on Instagram have already been inspired by Alice's meals that are both healthy and delicious. When people aren't obsessing over her recipes, they are checking out her amazing abs. For Alice, clean eating is all about developing a healthy relationship with food, and she believes that everyone can make permanent changes to their body with the right combination of diet and exercise. In this book, Alice shares her tips for creating enticing lunches, breakfasts and dinners that fit your daily routine and will help you feel fantastic from the inside out. No food groups are omitted from Alice's recipes. Using 7 deconstructed food plates from a post-work out plate to a rest day plate, Alice sets out what to eat post-work out, on rest days - and also your cheat day of course! Give your day a kick-start with crispy courgette fritters with smoked salmon for breakfast, spice your lunch up with Thai-style turkey burgers, and give yourself a post-workout treat with grilled steak with balsamic puy lentils and feta for dinner. Eat Well Every Day also includes Alice's trademark Simple Swaps and Alice's sample week meal planner so you can follow her advice to the tee.



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