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Good and Simple: Recipes to Eat Well and Thrive

Jasmine Hemsley, Melissa Hemsley

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Discover how simple and delicious eating well can be.

Jasmine and Melissa Hemsley are revolutionizing how we eat. Experts on wholesome, nutritious cooking and living a healthy, fashionable lifestyle, the sisters teach people how to enjoy real food to feel happier and more energized. Their simple philosophy of eliminating gluten, grains, and refined sugars, while focusing on maximizing nutrition has revolutionized the way people think of “diet.” And, the best part is, preparing such meals is easy and fun.

Good + Simple has 140 beautiful recipes that are so tasty you’ll forget that they’re designed with nourishment in mind. Dishes such as Roasted Squash Soup with Coriander Pesto, Green Goddess Noodle Salad, Cauliflower Rice 3 Ways, Roasted Chicken Thighs with Watercress Salsa Verde, Shrimp and Arugula with Zucchini Noodles, and Cannellini Vanilla Sponge Cake with Chocolate Avocado Frosting are packed with healthful, whole ingredients and taste wonderful. Also included is lots of helpful information from the sisters on making first steps and maintaining a healthy lifestyle; you’ll find an at-a-glance guide to their principles of eating well, ten recipes to get you started, basic pantry ingredients to have on-hand, their signature bone both recipe, and much more.

With 140 vibrant photographs, tips on transforming leftovers, stocking your fridge and freezer, meals on the run, advice on mindful eating, and a one-week body reset plan, as well as two weekly meal plans, *Good + Simple* is the perfect book for any home cook who loves food and wants to eat well every day.

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Joseph Navarro:

Here thing why this Good and Simple: Recipes to Eat Well and Thrive are different and dependable to be yours. First of all examining a book is good but it depends in the content than it which is the content is as yummy as food or not. Good and Simple: Recipes to Eat Well and Thrive giving you information deeper including different ways, you can find any e-book out there but there is no guide that similar with Good and Simple: Recipes to Eat Well and Thrive. It gives you thrill reading journey, its open up your current eyes about the thing in which happened in the world which is perhaps can be happened around you. It is possible to bring everywhere like in playground, café, or even in your technique home by train. If you are having difficulties in bringing the branded book maybe the form of Good and Simple: Recipes to Eat Well and Thrive in e-book can be your alternative.

Cynthia Caron:

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book that you simply read you can spent all day long to reading a e-book. The book Good and Simple: Recipes to Eat Well and Thrive it doesn't matter what good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. When you did not have enough space to bring this book you can buy the actual e-book. You can m0ore very easily to read this book out of your smart phone. The price is not to fund but this book offers high quality.

Henry Brown:

Playing with family in the park, coming to see the coastal world or hanging out with close friends is thing that usually you have done when you have spare time, after that why you don't try factor that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Good and Simple: Recipes to Eat Well and Thrive, you can enjoy both. It is good combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout people. What? Still don't have it, oh come on its known as reading friends.

Barbara Saddler:

As a college student exactly feel bored for you to reading. If their teacher expected them to go to the library or to make summary for some publication, they are complained. Just very little students that has reading's heart or real their hobby. They just do what the educator want, like asked to the library. They go to there but nothing reading seriously. Any students feel that reading through is not important, boring as well as can't see

colorful photos on there. Yeah, it is for being complicated. Book is very important for you personally. As we know that on this period, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore this Good and Simple: Recipes to Eat Well and Thrive can make you sense more interested to read.

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