



## The Complete Gut Health Cookbook: Everything You Need to Know about the Gut and How to Improve Yours (Paperback)

By Pete Evans

Weldon Owen, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. With more and more research pointing to gut health as a leading factor in overall wellbeing, the way we eat has never been more important. The Complete Gut Health Cookbook is your all-inclusive, 6-step guide for getting your gut right--complete with 100+ recipes for gut health and a 4-week meal plan. This gut check is brought to you by award-winning Chef Pete Evans, and trusted nutritionist Helen Padarin. As the title suggests, this book is all about good gut health and how to achieve it, following the simple but powerful premise that wellness stems from a balanced digestive system. But while you're adhering to healthy cooking standards, you're not sacrificing flavor with any of these great-tasting dishes. DELICIOUS RECIPES INCLUDE Miso soup with chicken meatballs Summer kraut with pineapple and mint Shrimp cocktail with kimchi Lamb burger and lettuce wraps Roasted pumpkin, cashew cheese, and pomegranate salad Cinnamon ice cream Lavender panna cotta \*Many recipes include AIP (Auto Immune Paleo) alternatives Featuring basic information on the digestion process, a nutritional guide to healing your gut, the star ingredients for gut health, a 4-week meal plan, and more...



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## Other Books



### **Nightmares! (Hardback)**

Delacorte Press, United States, 2014. Hardback. Condition: New. Karl Kwasny (illustrator). Language: English. Brand new Book. "Coraline meets Monsters, Inc. in this delightfully entertaining offering from actor [Jason] Segel and co-author [Kirsten] Miller."-- Publishers Weekly The hilariously frightening, middle-grade novel Nightmares! is a...



### **The Startup Owner's Manual: The Step-By-Step Guide for Building a Great Company (Hardback)**

K & S Ranch, United States, 2012. Hardback. Condition: New. Language: English. Brand new Book. Now a decade after the Four Steps to the Epiphany sparked the Lean Startup revolution, comes its sequel The Startup Owner's Manual.The Manual incorporates 10 years of...



### **The Qualcomm Equation: How a Fledgling Telecom Company Forged a New Path to Big Profits and Market Dominance (Paperback)**

Harpercollins Focus, United States, 2005. Paperback. Condition: New. Language: English. Brand new Book. "Featuring a foreword by George Gilder If you're a Qualcomm customer or stockholder, or in fact if you have a stake in almost any cellular service or even just...



### **Writing Survival Kit: Everything You Need to Conquer the College Application Essay (Paperback)**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. If you are like most students, college admissions essays push you into the scary, uncharted territory of writing about yourself. It doesn't help that you feel unprepared...



### **How to Read Gardens: A Crash Course in Garden Appreciation (Paperback)**

Bloomsbury Publishing PLC, United Kingdom, 2010. Paperback. Condition: New. Language: English. Brand new Book. Garden visiting has never been more popular but not many of us understand what we are looking at when strolling through a beautiful garden - are we looking...



### **That's Not the Monster We Ordered (Hardback)**

Skyhorse Publishing, United States, 2016. Hardback. Condition: New. Richard Fairgray, Terry Jones (illustrator). Language: English. Brand new Book. The day the Turner family gets their very own monster is a momentous event in the neighborhood. Everyone gathers for the occasion. The monster...