



Gayle's Feel-Good Foods: Unbelievably Healthy, Impossibly Delicious, Surprisingly Easy Recipes For Every Day

Gayle Reichler

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Let the woman who created Gayle's Miracles, decadent yet healthy chocolate truffles, show you how to create a whole menu of delicious but nutritious foods.

Living well means looking great, feeling great, and loving every minute of the day. Why make yourself miserable with prepackaged or uninspired foods that leave you unsatisfied?

Gayle's Feel-Good Foods rejects the notion that eating healthy is a chore-or a bore. Instead, it guides you to a world of meals and menus that are both nutritious and full of flavors. Experienced nutritionist, chef, and lifestyle coach Gayle Reichler will have you eating your way to fitness from breakfast and brunch through dinner and dessert.

Gayle's Feel-Good Foods includes 150 recipes that will help you create new, healthy eating habits. This book offers sections on in-season and organic foods and herbs, as well as cooking and lifestyle tips to help you lose weight, keep it off, and stay healthy.

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