



## Cook. Nourish. Glow.

By Amelia Freer

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**Cook. Nourish. Glow.** By Amelia Freer

**Cook yourself healthy with *Cook. Nourish. Glow*, the eagerly anticipated companion to bestselling *Eat. Nourish. Glow*.**

Following the phenomenal success of her first book, *Eat. Nourish. Glow*, Amelia is back with a much-awaited cookbook. Containing over 100 delicious and easy-to-prepare recipes, *Cook. Nourish. Glow* will equip readers with the skills and knowledge to improve their health while empowering them to cook with confidence.

Chapters will cover cooking in the simplest terms, featuring step-by-step visuals designed for the novice chef; how to use and prepare staple pantry ingredients; eating on the go; a "naughty" chapter--because living healthily is about consistency, not perfection--and a chapter full of dishes designed to combat gut-related issues. Recipes will include: Fine Omelette Layered with Tomato and Saffron, Tapenade and Mixed Herbs; Sweet Potato Cakes with Grilled Tiger Prawns and Saffron Sauce; Fig and Raspberry Panna Cotta; Eggs and Leeks with Tabasco and Tarragon Dressing.

Amelia is a firm believer that absolutely everybody can cook delicious, healthy, beautiful food. Many of us feel pressure to be perfect in the kitchen but with Amelia, anyone can learn how to assemble nourishing food in minutes using fresh ingredients that will transform how you look and feel. As Amelia says: "My aim is to create a useful, rewarding and ultimately inspiring everyday cookbook. I truly understand how what we eat has the ability to transform our health and wellbeing, and I love to show people how some simple changes can make a huge difference to how you look and feel."

Be inspired to cook yourself healthy with *Cook. Nourish. Glow*.

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## **Cook. Nourish. Glow. By Amelia Freer Bibliography**

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## **Editorial Review**

### **Review**

Praise for Amelia Freer: “Amelia Freer has helped me lose over a stone in 2 weeks and has completely transformed my relationship with food. Everyone go check out her incredible book, and start to live healthy... Love you Amelia & thank you for making me feel so happy inside and out.” (**Sam Smith**)

“Working with Amelia changed my relationship with food, and in turn altered my relationship with myself and my work.” (**Boy George**)

**Praise for *Eat. Nourish. Glow.*:** “We love the clean layout, stand-out photography and original recipes like monkfish with a broccoli and ginger mash. Delish.” (Women's Health)

“Healthy just got easier with Amelia Freer’s straightforward advice for boosting your wellbeing and gaining that much-desired ‘new you’ glow.” (Vogue.co.uk)

“A fantastic example of how easy it can be to eat real food and to embrace the powerful impact that cooking can have on our wellbeing. Amelia [merges] cutting-edge nutritional science with the practical application required to make healthy eating achievable in today’s convenience-fuelled world.” (**Mark Hyman, MD**)

### **About the Author**

**AMELIA FREER** (FdSc, Dip ION, mBANT) is a qualified nutritional therapist and author of the bestselling *Eat. Nourish. Glow.* Amelia embarked on a career in nutrition after years of struggling with her own diet and now uses her expertise to transform the lives of her clients and readers. Amongst her success stories are famous names such as Boy George, James Corden and Sam Smith.

## **Users Review**

### **From reader reviews:**

#### **Lee Flynn:**

What do you about book? It is not important along with you? Or just adding material when you need something to explain what the ones you have problem? How about your extra time? Or are you busy man or woman? If you don't have spare time to accomplish others business, it is make one feel bored faster. And you have spare time? What did you do? Everyone has many questions above. The doctor has to answer that question mainly because just their can do this. It said that about publication. Book is familiar in each person. Yes, it is correct. Because start from on jardín de infancia until university need this particular Cook. Nourish. Glow. to read.

#### **Phyllis Tucker:**

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