

# The Food Coach

We would all like to have a personal trainer. What we actually need is a food coach. Judy Davie shows us how to shop, cook and eat healthily without ever sacrificing flavour, and how to find the energy, vitality and power we need to get the most out of our busy lives. Filled with easy and quick recipes for scrumptious meals and snacks, this book will change your attitude to food, the way you look and, most importantly, the way you feel.

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