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It's All Good: Delicious, Easy Recipes that Will Make You ...

3.0 out of 5 stars It's All Good; Delicious, Easy Recipes by Gwyneth Paltrow.

Reviewed in the United Kingdom on 19 February 2015. Verified Purchase. Had to have the book but as yet not overly impressed. I wouldn't want to make a lot of the recipes and haven't got around to trying any of the others that I thought I would. My copy was second hand ...

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An avid foodie, Paltrow was concerned that so many restrictions would make meal time boring, so, together with Julia Turshen, she compiled a collection of 185 delicious, easy recipes that followed her doctor's guidelines. And it worked! After changing her diet, Paltrow healed totally, felt more energetic and looked great.

It's All Good: Delicious, Easy Recipes that Will Make You ...

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from It's All Good: Delicious, Easy Recipes That Will Make You Look Good and Feel Great It's All Good by Gwyneth Paltrow and Julia Turshen Categories: Quick / easy; Main course Ingredients: whole chicken

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from It's All Good: Delicious, Easy Recipes That Will Make You Look Good and Feel Great. It's All Good. by Gwyneth Paltrow and Julia Turshen. Categories: Pancakes, waffles & crêpes; Quick / easy; Breakfast / brunch; Dairy-free; Gluten-free; Low sugar. Ingredients: soy milk; maple syrup; gluten-free flour; brown rice flour.

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