



The 20/20 Diet Cookbook: Transform your life and body with high-energy wholefoods

Lola Berry

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With Lola Berry, Australia's favourite nutritionist and author of *The 20/20 Diet*, it's never been so easy to eat and feel well.

"Packed with unprocessed, nutritious and delicious recipes - and beautiful photographs - this book will have you eating healthy in no time." *Home Ideas*

Leading Australian nutritionist Lola Berry devised the simple yet groundbreaking 20/20 Diet based on her own personal weight journey and many years' experience helping people to shed excess kilos.

*In **The 20/20 Diet Cookbook***, Lola shows you how simple it is to eat real foods that are as close to their natural state as possible: unprocessed, nutritious, seasonal and delicious.

From breakfasts, smoothies and juices to nourishing snacks, mains and desserts, Lola shares her passion for fresh, healthy food in her own inimitable, charming style. More than 100 of her favourite recipes are included, such as Roast Chicken with Quinoa, Pistachio and Cranberry Stuffing, Banoffee Pie, moreish Crispy Kale Chips, Strawberry and Almond Pancakes, Mango, Avocado and Macadamia Salad and dreamy Raw Rose and Raspberry Tart.

This is a specially formatted fixed layout ebook that retains the look and feel of the print book.

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