



Spice Yourself Slim: Harness the power of spices for health, wellbeing and weight-loss

By Kalpana Woolf

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Spice Yourself Slim: Harness the power of spices for health, wellbeing and weight-loss By Kalpana Woolf

This is the have-it-all spice diet for life - a ravishing book combining delicious recipes and healthy eating, using the tastes, healing powers and weight loss health properties of spices from around the world. The book unwraps the mysteries of one of the oldest, most valued and mystically powerful food sources known to mankind and shows how spices can be incorporated into contemporary low-calorie recipes that can have a huge impact on our diets and our health and wellbeing, not just for a few weeks or months, but for life. Kalpana Woolf's healthy eating plan guarantees weight loss and improved wellbeing, whilst offering delicious recipes, featuring spices from India, South America, the Far East, Europe, Africa and the Middle East. Kalpana's book reveals the top 10 spices that should be in every food store cupboard; how to combine them into versatile Spice Rubs; 100 calorie-counted recipes, including Breakfasts, Lunches, Evening Meals, Snacks and Drinks; and helpful weekly Meal Planners. Beautiful colourful photography means that the recipes and exotic spice flavours simply leap off the page. Spice Yourself Slim is an essential book for any cook wanting to combine adventurous and exciting food with a long-lasting healthy lifestyle.

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Spice Yourself Slim: Harness the power of spices for health, wellbeing and weight-loss By Kalpna Woolf Bibliography

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Editorial Review

About the Author

Kalpna Woolf has produced some of the BBC's best known food series, featuring everyone from Nigella to Rick Stein, Nigel Slater and Lorraine Pascale. She has launched food festivals, judged food awards, and written extensively on food. Her food know-how combines the traditions of her Hindu family upbringing and a life of absorbing food cultures around the world.

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