



The Naked Diet

By Tess Ward

Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, The Naked Diet, Tess Ward, 'Diet' comes from the Greek word dietta meaning way of life. The Naked Diet is all about changing your way of eating for the better, making you feel cleaner and purer. It takes a stripped back approach to the food that you eat, that will give you more energy, help you lose weight and cleanse your body. Broken down into Pure, Raw, Stripped, Bare, Undressed, Clean and Detox chapters, it is a transformative, new approach to clean-living with smart and contemporary recipes, such as Beetroot quinoa granola, Raw spring rolls with peanut dipping sauce, Super green cauliflower couscous and Soba noodles with mango and sesame. With over 60 recipes and an additional Detox chapter, Tess' book is packed full of naked store-cupboard information and naked nutrient ingredients that will change your diet through simplifying the food you put into your body. It isn't about dieting, it's about changing your mindset, so that you eat less processed, cleaner and simpler foods that restore and nourish your body back to its naked and pure state.

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