

Gordon Ramsay Ultimate Fit Food Mouth Watering Recipes To Fuel You For Life By Gordon Ramsay

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Senior Werbetext The definitive cookbook for eating well to achieve optimum health and fitness, by one of the world's finest chefs and fitness fanatic, Gordon Ramsay. Klappentext The dream combination - a Michelin-starred superchef who is also a committed athlete. Gordon knows how important it is to eat well, whether you're training for a triathlon or just leading a busy active life. And just because it's healthy food you don't have to compromise on taste and flavour. The book is divided into three sections, each one offering breakfasts, lunches, suppers, sides and snacks with different health-boosting benefits. The Healthy section consists of nourishing recipes for general wellbeing; the Lean recipes encourage healthy weight loss; and the Fit section features pre- and post-workout dishes to build strength and energise. This is the ultimate collection of recipes that you'll enjoy cooking and eating, and will leave you in great shape whatever your fitness goals. Buchrückseite 'These are my go-to recipes when I want to eat well at home. My great hope is that they will inspire you to get cooking to improve your own health whatever your personal goal.' Gordon Ramsay Gordon Ramsay's Ultimate Fit Food is the definitive guide to eating right for optimum health and fitness, from the world-leading chef and fitness fanatic. Divided into three sections based around weight loss, fitness and general wellbeing, these delicious recipes will leave you satisfied and full of energy. Über den Autor und weitere Mitwirkende Internationally renowned, multi-Michelin starred chef Gordon Ramsay has opened a string of successful restaurants across the globe, from the UK and France to Singapore and Hong Kong, to the United States. Gordon has also become a star of the small screen both in the UK and internationally, with shows such as Kitchen Nightmares, Hell's Kitchen, Hotel Hell and MasterChef US."

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to. Gordon ramsay s ultimate fit food is a cookbook written by chef gordon ramsay the book is collection of food recipes for the purpose of cooking and eating the book has three

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