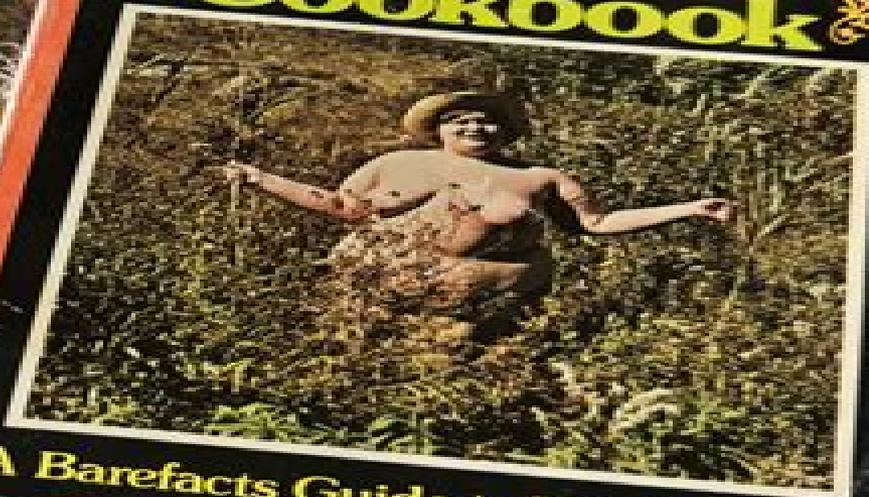


**BRIDGET'S
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**Bridget's
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A Barefacts Guide to Health Food

Bridgets Diet Cookbook

Bridget Davis



Bridget's Diet Cookbook:

Bridget's Diet Cookbook Bridget, Martin Riskin, 1972 [More from Bridget's Healthy Kitchen](#) Bridget Davis, 2019-10

They say losing weight is based on 80% diet and 20% exercise. So if you're eating the wrong foods, it won't matter how much physical activity you do; you'll still maintain if not gain weight. Resulting in all those hours spent exercising being a complete waste of time! I've crafted 100 MORE super delicious and nutritious gluten-free, sugar-free, dairy-free, and low-fat dishes you'll love. I've created some of the most healthy gourmet meals that not only taste amazing but they'll also help you to lose weight and keep it off. When it comes to our health, we should focus on the journey, not the destination. Put flavour first and enjoy every single meal you are eating.

Bridget's Healthy Kitchen Bridget Davis, 2019-04. International chef Bridget Davis shows you the fundamentals of healthy cooking so that you can regain control of your diet and your life. You'll become the master of your health and wellness journey once you have the knowledge of what to cook and how to cook it without losing out on taste and satisfaction. The recipes in Bridget's Healthy Kitchen were created with you in mind. They are a direct result of what Bridget ate to regain her health. Every recipe you see in this book started its life on Bridget's dinner plate. She was the guinea pig that tried and tested the recipes out on her body and her taste buds before trying them out on her husband, who lost an incredible 15 kilograms (33 pounds) in one month. With over 100 easy-to-read recipes, beautiful photography, and easy-to-follow food symbols, Bridget shows you what to cook and how to cook it without losing out on taste and satisfaction. **Eat Your Way Slim and Healthy** Bridget Davis, 2020-08-04. Say goodbye to brain fog, bloating, mood swings, tiredness, and unhealthy weight with gluten-free, sugar-free, dairy-free recipes. **Treat Yourself Healthy** Bridget

Foliaki-Davis, 2021-09-17. In this cookbook, you can have your cake and eat it too. Bridget Foliaki Davis's sixth cookbook, *Treat Yourself Healthy*, is filled with recipes on how to enjoy optimum health and still enjoy your food and treats while doing so. You don't have to suffer your way through cardboard-tasting gluten-free breads, tasteless sugar-free biscuits, or miss out on the food that you love. Foods we remember from our childhood, which make us feel good, such as pavlova, sticky puddings, chocolate chip cookies, apple pie, and custard. Bridget shows how we don't have to give up anything to get healthy but can relearn how to cook so we can still enjoy these foods using ingredients that support and nurture our bodies. Bridget Foliaki Davis is an accredited nutritionist and award-winning chef and author, and *Treat Yourself Healthy* is a cookbook with a powerful proposition from an author who not only knows what you should be eating but knows how to make it taste amazing. This beautifully illustrated cookbook shows that the worst thing you can do is to deny yourself something you want. It only makes that thing more desirable. So this is not a cookbook about willpower because willpower isn't always enough to help you lose weight to get healthy and to stay healthy. It is about relearning how to cook. Learning what foods support your health and weight goals, then creating dishes using those foods which taste really good. *Treat Yourself Healthy* demonstrates how simply made, great-tasting breads, cakes, desserts, cookies, muffins, pies, and pizzas can be part of your healthy lifestyle. **Catalog of**

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The British National Bibliography Arthur James Wells,2009

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