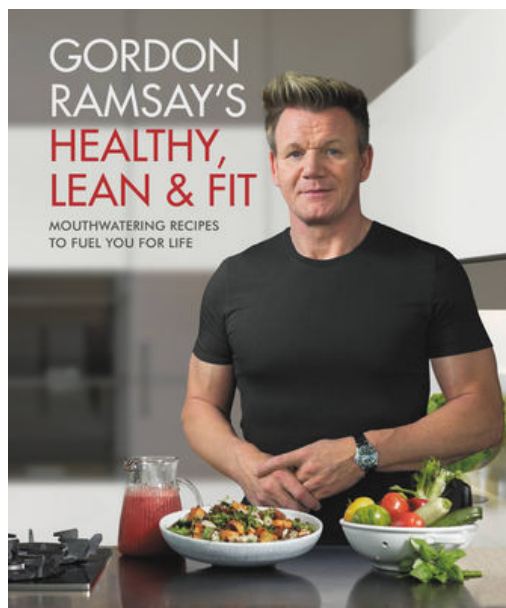


# Descargar libros gratis Gordon Ramsay's Healthy, Lean & Fit - Gordon Ramsay QBook



**The definitive guide to eating well to achieve optimum health and fitness, by one of the world's finest chefs and fitness fanatic, Gordon Ramsay.**

Gordon Ramsay knows how important it is to eat well, whether you're training for a marathon or just trying to live healthier. And just because it's healthy food, doesn't mean you have to compromise on taste and flavor. As a Michelin-star super-chef who is also a committed athlete, Gordon Ramsay shares his go-to recipes for when he wants to eat well at home.

HEALTHY, LEAN & FIT provides readers with 108 delicious recipes divided into three sections--each one offering breakfasts, lunches, dinners, sides, and snacks--highlighting different health-boosting benefits. The **Healthy** section consists of nourishing recipes for general well-being; the **Lean** section encourage healthy weight loss; and the **Fit** section features recipes to fuel your next workout and post-workout dishes to build continued strength and energy. Whatever your personal goals, these dishes will inspire you to get cooking and improve your own health.

<b>Title</b>	: Gordon Ramsay's Healthy, Lean & Fit
<b>Author</b>	: Gordon Ramsay
<b>Categoría</b>	: Dieta especial
<b>Publicación</b>	: 25/09/2018
<b>Editorial</b>	: Grand Central Publishing
<b>Vendedor</b>	: Hachette Book Group Hachette Digital, Inc.
<b>Páginas impresas</b>	: 288 páginas
<b>File Size</b>	: 159.19MB

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