



# Eating Well Made Easy: Deliciously healthy recipes for everyone, every day

*Lorraine Pascale*

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It's everyone's meal-time dilemma: how to cook quick, easy, tasty meals that are also good for you? Bestselling TV chef Lorraine Pascale's brilliant new book *Eating Well Made Easy* shows you how.

Lorraine is famous for putting together delicious recipes that are simple and easy to make, and now she's gone one step further: creating tasty dishes that are not only perfect for busy lifestyles, but are nutritious, too.

Understanding how important it is now for both families and individuals to eat healthily every day, Lorraine gives you all the inspiration you need to eat well all week long, without compromising on taste.

Rustle up surprisingly simple breakfasts and delicious midweek dinners, and impress your guests at the weekend with recipes that are properly balanced, with nothing processed – and still decadently full of the flavour Lorraine is known for.

Stunningly presented with beautiful photography throughout, this essential cookbook is Lorraine's most comprehensive to date, full of delicious, nutritious fare for every meal time – made easy!

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