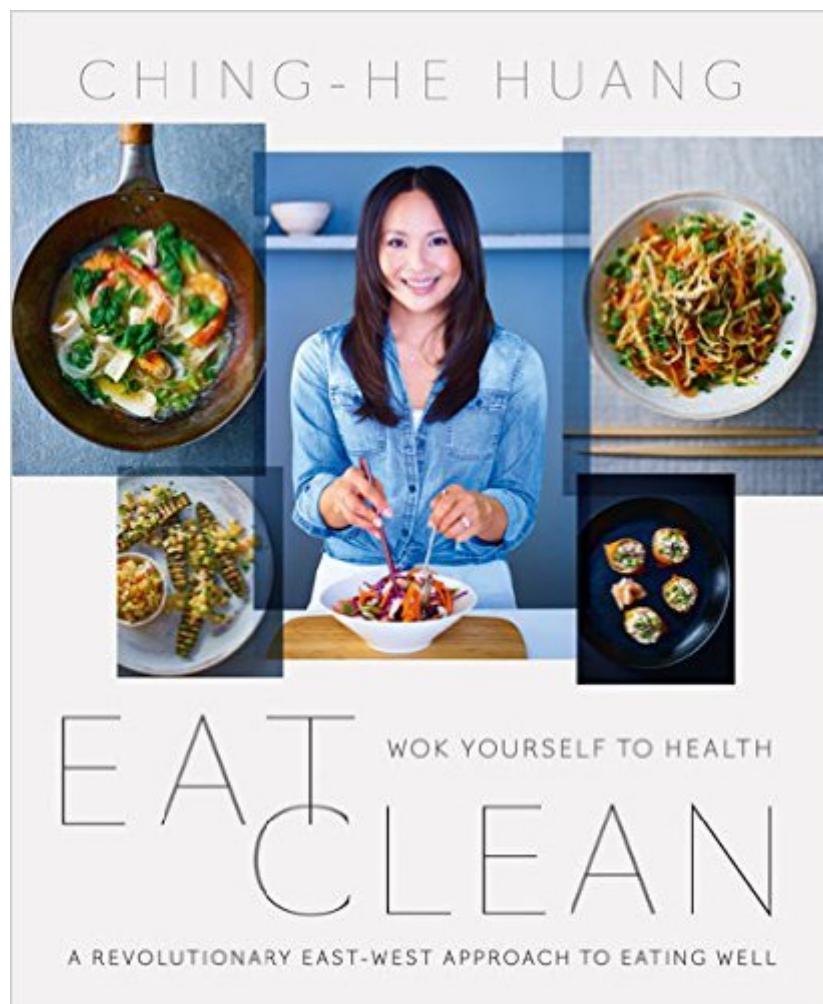


The book was found

Eat Clean: Wok Yourself To Health



Synopsis

A REVOLUTIONARY EAST-WEST APPROACH TO EATING WELL Eat Clean and feel great with over 100 nutritious and easy Asian soups, salads and stir-fries for everyday health. Ching-He Huang's promise is simple: with just a wok, a knife and a chopping board, you can revolutionise your diet and feel fantastic. Renowned TV chef and cookery writer Ching transformed her health when she began eating clean - cutting out over-processed, high-sugar foods and embracing natural produce, cooked simply. Featuring fresh, vibrant flavours that make you feel bright, healthy and energised, Ching's new book Eat Clean shows that by choosing the right foods and adopting easy-to-follow techniques, you too can create delicious meals that help to detoxify and nourish your body so you feel better, stronger and slimmer. With recipes such as Sunshine Energising Oatmeal, Wok-fried Lemongrass Spiced Chicken and Herby Thai Beef Salad, Ching fuses healthy eastern and western cookery to help you create easy, speedy, mouth-watering dishes for breakfast, lunch and dinner. Ching's done all the hard work for you, so start chopping, get wokking and eat your way to good health!

Book Information

Paperback: 224 pages

Publisher: Harper Thorsons (March 26, 2015)

Language: English

ISBN-10: 0007426291

ISBN-13: 978-0007426294

Product Dimensions: 12 x 0.8 x 7.5 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #998,948 in Books (See Top 100 in Books) #96 in Books > Cookbooks, Food & Wine > Asian Cooking > Wok Cookery #1344 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #2445 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

An excellent book written by an awesome chef!

Great book. Preface gives you the science and the author's personal journey. Not all recipes will be to your taste but there are plenty to get you on the road to better intestinal and overall health. Then

you get a bit excited about whole foods and start to come up with your own adaptation of a recipe. Added to Dr Michael Mosely's fast diet which also advocates whole foods with fasting and I feel like I am on the right track.

[Download to continue reading...](#)

Eat Clean: Wok Yourself to Health Wok Cooking Made Easy: Delicious Meals in Minutes [Wok Cookbook, Over 60 Recipes] (Learn to Cook Series) Wok Cookery : How to Use Your Wok Every Day to Stir-fry, Deep-fry, Steam, and Braise Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health Wipe Clean: Early Learning Activity Book (Wipe Clean Early Learning Activity Books) Wipe Clean: Letters (Wipe Clean Learning Books) Wipe Clean Workbook Tracing and Pen Control (Wipe Clean Workbooks) Wipe Clean Flash Cards ABC (Wipe Clean Activity Flash Cards)26 cards Wipe Clean: First 100 Words (Enclosed Spiral Binding) (Wipe Clean Workbooks) Wipe Clean: Learning Sight Words (Wipe Clean Workbooks) Pumpkin Love - Autumn Clean Eating Cookbook - 65 Clean, Simple, and Delicious Pumpkin Recipes! Clean Green Eats: 100+ Clean-Eating Recipes to Improve Your Whole Life Clean House Clean Planet Wipe Clean Telling Time (Wipe Clean Let's Get Ready for School) Western Romance: Montana Mail Order Brides: A Historical Romance Series (Clean Inspirational Sweet Victorian Christian Romance) (Clean and Wholesome Short Stories) Western Romance: Brides Of Riverside: A Clean and Wholesome Mail Order Bride Series (Inspirational Clean Historical Sweet Victorian Romance) (New Adult Christian Short Stories) Wipe Clean: Starting Pen Control (Wipe Clean Workbooks) Inspirational Romance: Sisters of Boston: A Christian Mail Order Bride Series (Sweet Western Historical Clean Victorian Romance) (Clean and Wholesome Pioneer Frontier Short Stories) Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat

[Dmca](#)