

Elly Pear's Fast Days and Feast Days Eat Well. Feel Great. All Week Long.



BOOK DETAILS

- Author : Elly Curshen
- Pages : 272 Pages
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BOOK SYNOPSIS

Since opening the hugely popular Pear Café nine years ago, Elly Pear has been on a quest for good food and new ideas. Having found real results sticking to the 5:2 way of eating, Elly shares some of her favourite, most exciting meat-free recipes for eating well and enjoying food on both fast days and feast days.

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