

# Everyday Super Food Read Online by Jamie Oliver

## Book info:

**Author:** *Jamie Oliver*

**Format:** *312 pages*

**Dimensions:** *198 x 255mm*

**Publication date:** *27 Aug 2015*

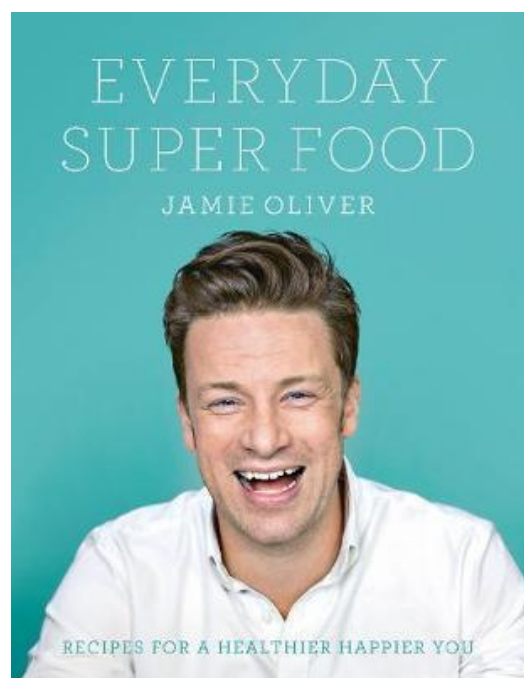
**Publisher:** *Penguin Books Ltd*

**Imprint:** *Michael Joseph Ltd*

**Release location:** *London, United Kingdom*



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## Book Synopsis:

Jamie's Everyday Super Food makes eating well delicious, easy and fun. No matter how busy you are, you'll find that healthy eating the Jamie way is both simple and achievable, making it super easy to choose exactly the kind of meals that suit you. The book is divided into breakfasts (up to 400 calories), lunches (up to 600 calories) and dinners (up to 600 calories), and every tasty meal is nutritionally balanced so that any combination over the day will bring you in under your recommended daily allowance of calories (2000 women/2,500 men), allowing you to enjoy snacks and drinks on the side. You can eat Smoothie Pancakes with Berries, Banana, Yoghurt and Nuts for breakfast, Tasty Fish Tacos with Game-Changing Kiwi, Lime and Chilli Salsa for lunch and Griddled Steak and Peppers with Herby-Jewelled Tabbouleh Rice for dinner, and still be healthy! Whether you dip in and out of it, eat from the book Monday to Friday or use it faithfully every day for a month, it's totally up to you. In Everyday Super Food, Jamie's done all the hard work for you - all you need to do is choose a delicious recipe, cook it up and, most importantly, enjoy it. Every meal in this book is a good choice and will bring you a step closer to a healthier, happier you. 'Packed with vitamins, bursting with flavour: irresistible new recipes from Jamie Oliver' Sunday Times 'The healthy recipes that helped Jamie lose two stone' Sunday Times 'Our failsafe foodie of choice' Sunday Times 'Jamie Oliver is great - I'd put him in charge of the country'

## Additional Info:

### About Jamie Oliver

Jamie Oliver started cooking at his parents' pub, The Cricketers, in Clavering, Essex, at the age of eight. After leaving school he began a career as a chef that took him to the River Cafe, where he was famously spotted by a television production company. His television and publishing career began in 1999 with The Naked Chef series. Since then he has set up Fifteen restaurant in London, changed school dinners in the UK and revolutionized home cooking. His charity, The Jamie Oliver Foundation, seeks to improve people's lives through food. He writes for publications in the UK and around the world, including his own Jamie Magazine. Jamie lives in London and Essex with his wife Jools and their children.

### Review quote

Jamie's Everyday Super Food makes eating well delicious, easy and fun \* from publisher's description \* Packed with vitamins, bursting with flavour: irresistible new recipes from Jamie Oliver \* Sunday Times \* The healthy recipes that helped Jamie lose two stone \* Sunday Times \* Jamie Oliver is great - I'd put him in charge of the country \* Guardian \*

### Review Text

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