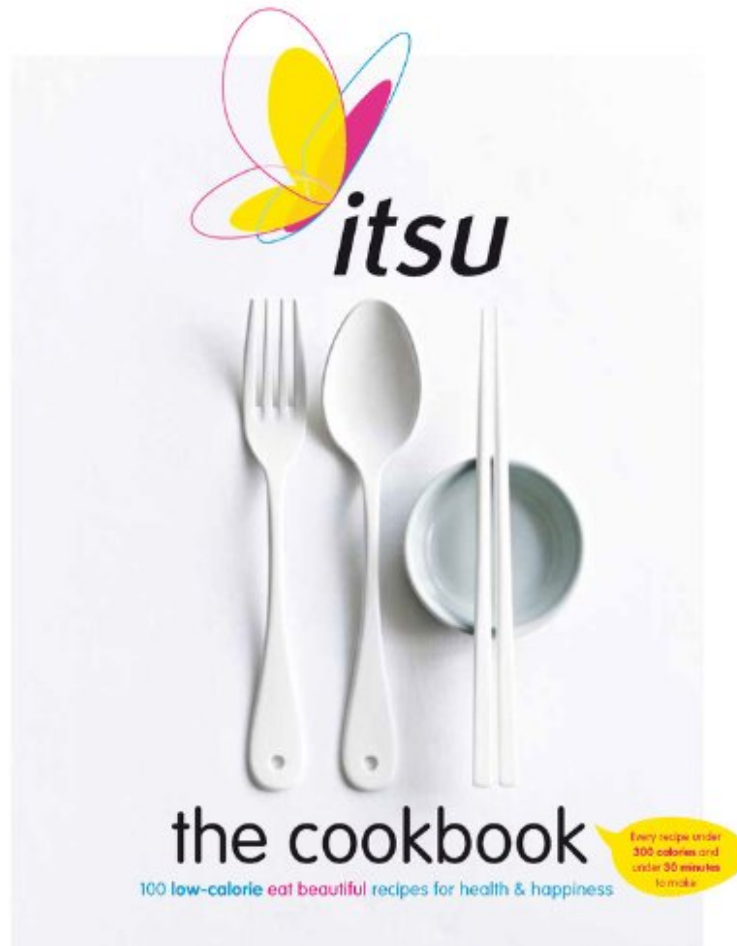


[PDF] The Itsu Cookbook: Eat beautiful: 100 recipes for health happiness

The Itsu Cookbook: Eat beautiful: 100 recipes for health happiness

Julian Metcalfe

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Julian Metcalfe : The Itsu Cookbook: Eat beautiful: 100 recipes for health happiness before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Itsu Cookbook: Eat beautiful: 100 recipes for health happiness:

2 of 2 people found the following review helpful. The recipes in there are all super good and very feasible By Bastien The recipes in there are all super good and very feasible. If you love fusion Japanese food. This is the book for you! 1 of 1 people found the following review helpful. Five Stars By Debora LOVE IT.. Thank you!!! 2 of 2 people found the following review helpful. Best Fusion Cookbook..... The UK's secret! By beth e meyer I stumbled upon Itsu while in London and couldn't stop eating there. Then, I discovered this cookbook! I've made many of the recipes ALL of which are low fat/calories but FULL on flavor! TO DIE FOR- One of my favorite cookbooks! A must buy!

itsu is dedicated to skinny but delicious food: light, green and good for you. In this book you'll find 100 Asian-inspired

recipes for soups, broths, salads, miso dishes, noodles and rice, as well as favourites such as teriyaki dishes, brown rice pots and iced teas. There are even tips on how to make sushi and frozen yogurt at home. Every dish provides fewer than 300 calories per serving, takes fewer than 30 minutes to master and contains minimal amounts of saturated fat. But it's not just the calories that are taken care of; the 'superfood' ingredients in the recipes provide optimum nutrition too, with potassium-rich avocados, vitamin-packed cucumbers, edamame beans full of fibre and protein, and pumpkin and sesame seeds bursting with iron and zinc. And it's food that tastes as good as it looks...

About the Author Julian Metcalfe, founder of global success Pret A Manger, is dedicated to building his healthy food chain, itsu. Years of listening and reacting to Pret's customers resulted in itsu: a fresh, skinny solution providing a low-fat, low-calorie menu for the upbeat and active. Light food is notoriously bland; not so in itsu. itsu is the first and only fast-food chain dedicated to light, healthy food with a menu of 62 dishes including salads, sushi, Asian potsu, brown rice dishes, frozen yogurt, detox drinks... and even skinny popcorn. Everything is made freshly in-store and customers enjoy itsu for lunch, and in the afternoon and evening. itsu has two busy restaurants, in Chelsea and Notting Hill, and about 50 prime located shops, all in central London. More itsus are being opened each month. There are now five million loyal customers. itsu was voted a CoolBrand in 2013.