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Recipes by Gwyneth
Paltrow. Reviewed in
the United Kingdom on
19 February 2015.

Verified Purchase. Had
to have the book but as
yet not overly

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impressed. I wouldn't
want to make a lot of
the recipes and haven't
got around to trying any
of the others that I
thought I would. My
copy was second hand
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Kathleen rated it it was
amazing. Shelves:
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ago Paltrow nearly
passed out from too
much work, too much
stress, and maybe a bit
too much over-
indulging," reads the

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Great Gwyneth
Paltrow
An avid foodie, Paltrow
was concerned that so
many restrictions would
make meal time boring,
so, together with Julia
Turshen, she compiled a
collection of 185
delicious, easy recipes
that followed her

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doctor's guidelines. And it worked! After changing her diet, Paltrow healed totally, felt more energetic and looked great.

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Great It's All Good by
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Categories: Quick /
easy; Main course

Ingredients: whole
chicken

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Look Good and Feel
Great. It's All Good. by
Gwyneth Paltrow and
Julia Turshen.

Categories: Pancakes,
waffles & crêpes; Quick
/ easy; Breakfast /
brunch; Dairy-free;
Gluten-free; Low sugar.
Ingredients: soy milk;
maple syrup; gluten-free
flour; brown rice flour.

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want to make a lot of
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thought I would. My

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