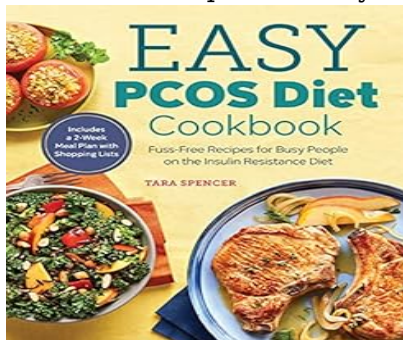


The Easy PCOS Diet Cookbook: Fuss-Free Recipes for Busy People on the Insulin Resistance Diet Spencer, Tara By Tara Spencer That's why Tara Spencer a nutritionist specializing in PCOS who suffers from the condition herself created The Easy PCOS Diet Cookbook—to give busy PCOS fighters the easiest most hassle free recipes to eliminate symptoms. The Easy PCOS Diet Cookbook helps readers prepare super simple meals using 5 ingredient recipes—many of which require only 30 minutes or less to make or just one pot—so that they take control of PCOS without wasting any time. The Easy PCOS Diet Cookbook features: 125 Easy Recipes providing a mix of 5 ingredient recipes 30 minute recipes one pot recipes one pan recipes and no cook recipes Easy to Find Ingredients using affordable and easily found items from any grocery store Essential Info on PCOS teaching you need to know information about changing your lifestyle and diet to feel better Living with PCOS isn't easy but changing your diet to manage symptoms can be with The Easy PCOS Diet Cookbook. The Easy PCOS Diet Cookbook: Fuss-Free Recipes for Busy People on the Insulin Resistance Diet Spencer Tara Tara Spencer was born in Perth Western Australia and has lived in Sydney London Paris and Rome. The Easy PCOS Diet Cookbook: Fuss-Free Recipes for Busy People on the Insulin Resistance Diet Spencer Tara Simple to cook recipes with lots of variety The Easy PCOS Diet Cookbook: Fuss-Free Recipes for Busy People on the Insulin Resistance Diet Spencer Tara Wouldn't recommend not a wide variety of recipes. When I received the book it had writing on it The Easy PCOS Diet Cookbook: Fuss-Free Recipes for Busy People on the Insulin Resistance Diet Spencer Tara It's really detailed you will have 2/3 pages giving you explanation on what to eat or not and why. HOWEVER there's no pictures at all and it's making it hard to visualise what you're gonna eat The Easy PCOS Diet Cookbook: Fuss-Free Recipes for Busy People on the Insulin Resistance Diet Spencer Tara I really liked the key information about this book and the general principles for a PCOS diet. That is quite linked to personal preference though and no fault of the author! The Easy PCOS Diet Cookbook: Fuss-Free Recipes for Busy People on the Insulin Resistance Diet Spencer Tara



The easy way to take control of your PCOS symptoms—The Easy PCOS Diet Cookbook gives you fuss free recipes to fight PCOS with an insulin resistance diet, Struggling with PCOS symptoms is already hard enough but following an insulin resistance diet to alleviate them shouldn't be: She currently works as a freelance journalist specialising in finance nutrition and technology. She is also a qualified nutritionist and personal trainer working to guide people on their path towards good health: She is experienced with eating disorder recovery athlete coaching and utilizing diet as a natural treatment method for a number of illnesses, It's simple to understand and has really helped me understand my condition and how best to manage it: I've not actually cooked anything from this book as there are no pictures for inspiration. However I apply the learn from the book to my diet and it's worth buying for that alone. There are loads of recipes but I found it quite hard to find many that were things I would like. This book is very good. Lots of information which is very helpful. This book would be better if the recipes had pictures. All measurements in cups and not grams