



The Sunshine Diet: Get Some Sunshine into Your Life, Lose Weight and Feel Amazing - Over 120 Delicious Recipes

Shelina Permalloo

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Shelina knows how easy it is to let a busy lifestyle get in the way of looking after your health. Here, the food-loving MasterChef winner shares her favourite healthy recipes, inspired by exotic holidays and her Mauritian heritage, that helped her **lose over 20 kilos** (3 stone).

Her diet is simple - homemade, whole food, packed with flavour and colour. Her recipes will keep you feeling full and happy as you shed the pounds and get into the best health - try *Steamed Hake with Wasabi, Soy and Ginger, Baked Moroccan Eggs, Braised Chicken with Tamarind and Pak Choi, Roasted Aubergines with Fennel and Labneh* and *Make-ahead Banana Bread* and *Orange Blossom and Rose Creme Brulee*. This is healthy eating made simple, effortless and sustainable.

Includes beautiful food photography and each delicious recipe comes with a calorie, sugar and fat count per portion so you know exactly what you're eating. All recipes have been nutritionally approved.

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