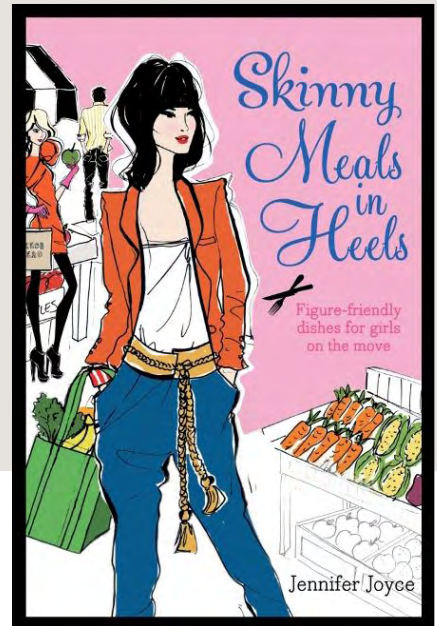


Skinny Meals in Heels

Figure-friendly dishes for girls on the move

Jennifer Joyce

ISBN	9781742665733
BINDING	Hardback plc
EXTENT	192 pages
DIMENSIONS	240 x 170mm
WORD COUNT	48,900
PHOTOS/ILLUSTRATIONS	108
RECIPES	133
RRP	£14.99
RELEASE DATE	5 th January 2012
BIC CODE	WBA WBH



DESCRIPTION

Food writer, stylist and chef Jennifer Joyce follows up her hugely successful cookbook *Meals in Heels* with the lighter, but equally sophisticated, *Skinny Meals in Heels*.

Not to be mistaken for a mundane diet book, *Skinny Meals in Heels* is a stylish guide to home cooking in the real world, where mid-week meals with friends and family need to be quick, healthy, satisfying and full of flavour.

With glamorous line illustrations and a fresh and sassy design, *Skinny Meals in Heels* has chapters on everything from snacks and nibbles, to weekday dinners in under an hour and skinny puddings. Containing clear explanations as to why each recipe is 'skinny' and tips on how to save time with your preparation *Skinny Meals in Heels* has everything you'll need for home-cooking with style and ease!

KEY SELLING POINTS

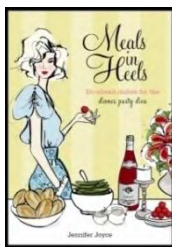
- A fresh design with a hint of humour
- Glamorous line illustrations
- Easy to follow approach with simple recipes
- Clear explanations as to why each recipe is 'skinny' and how to save time with your preparation.

AUTHOR PROFILE

Jennifer Joyce, an American food writer, stylist and chef living long-term in London has written several successful cookbooks for the US and UK markets and is a regular contributor to Olive Magazine, BBC Good Food and the Sainsbury's magazine. She runs weekly cooking classes at London's Divertimenti and Books for Cooks stores, and has appeared in food TV shows in both the UK and the States. She is known for her fresh, simple, quick and easy food with vibrancy and a certain joie de vivre.

ALSO AVAILABLE;

Meals in Heels 9781741965520



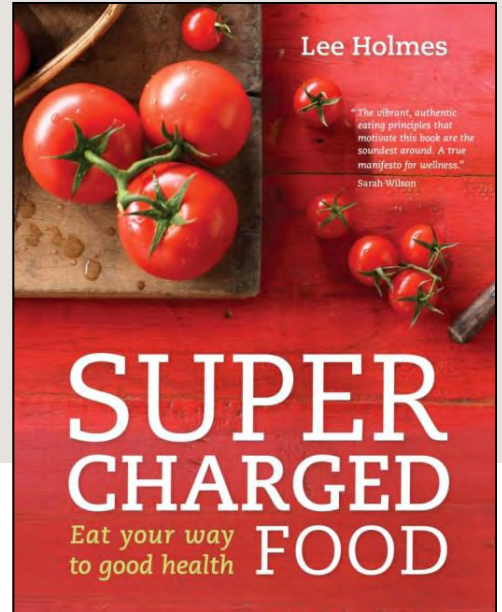
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Supercharged Food

Eat your way to good health

Lee Holmes

ISBN	9781742663159
BINDING	Paperback
EXTENT	192 pages
DIMENSIONS	250 x 200mm
WORD COUNT	35,100
PHOTOGRAPHS	46
RECIPES	91
RRP	£14.99
RELEASE DATE	5 th January 2012
BIC CODE	WBH



DESCRIPTION

Supercharged Food is a simple and inspiring guide to eating for optimum health. It features more than 90 recipes that are gluten, wheat, dairy, yeast and sugar-free, each bursting with nutrient-rich or 'super' foods that will help nourish and heal your body. Whether you have coeliac disease, food allergies or you just want to improve your health, this is your one-stop shop for easy, vibrant and flavourful meals that will jump-start your immune system, boost your energy levels and maintain your long-term wellbeing.

KEY SELLING POINTS

- One of the only cookbooks to feature recipes that are gluten, wheat, dairy, yeast and sugar-free.
- A must-have for the increasing number of people suffering from autoimmune disorders such as Crohn's, coeliac disease, IBS, ulcerative colitis, Candida, food allergies and intolerances.
- Author uses her own experience with autoimmune disease, as well as her knowledge of food and health, to inspire and motivate people to eat well.
- The recipes all feature nutrient-rich or 'supercharged' foods – such as quinoa, wild salmon, kale, garlic and turmeric – that will boost your immunity and ensure long-term wellbeing.

AUTHOR PROFILE

Author Lee Holmes discovered supercharged foods after she was diagnosed with an autoimmune disease in 2006. Eager to find a drug-free solution, she became a keen food and health researcher and developed a diet regime that led to her full recovery. Lee is a regular columnist for wellbeing magazine and a writer for Miranda Kerr's Kora Organics blog. She is also the author of the popular website:

www.superchargedfood.com

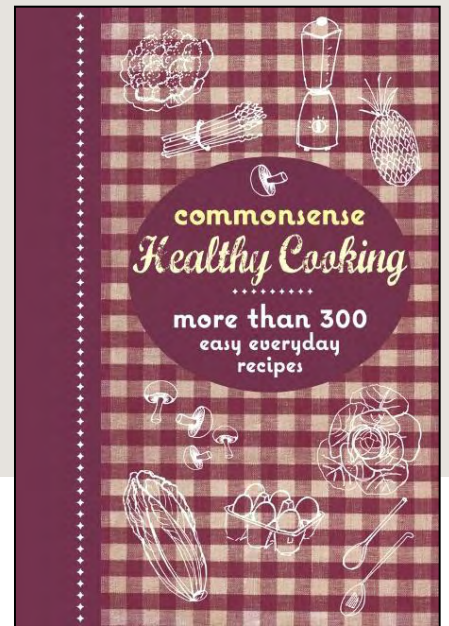


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Commonsense Healthy Cooking

more than 300 easy everyday recipes

ISBN	9781742667164
BINDING	Paperback
EXTENT	384 pages
DIMENSIONS	256 x 175mm
WORD COUNT	140,000
PHOTOGRAPHS	350
RECIPES	250
RRP	£12.99
RELEASE DATE	5 th January 2012
BIC CODE	WBH



DESCRIPTION

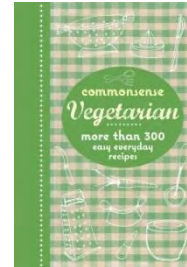
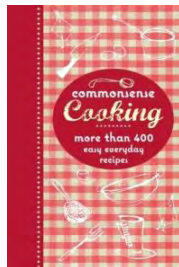
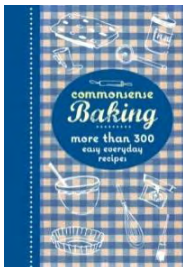
This isn't just a cookbook; it's a valuable resource of practical tips and ideas for the health-conscious cook. Here is all the basic information that so many cookbooks leave out: easy to understand information on essential nutrients; tips on healthy eating, balanced sample meal plans and much, much more. There are more than 300 healthy and flavoursome recipes with nutritional guides to get you through the day – from breakfast to dessert. This is a book that will be dipped into again and again.

KEY SELLING POINTS

- A comprehensive guide to healthy eating, featuring nutritional facts and detailed information on recipes which complement a healthy lifestyle.
- Features more than 250 hundred recipes for everyday meals.
- A reference book full of cooking know-how and a source of inspiration.

OTHER TITLES IN THE SERIES:

Commonsense Baking 9781741969429 (Feb 2011); *Commonsense Cooking* 9781741969436;
Commonsense Quick & Easy Meals 9781742662268; *Commonsense Vegetarian* 9781741969412

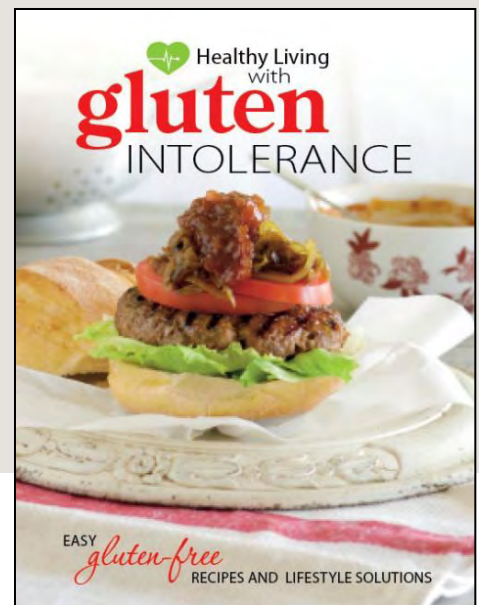


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Healthy Living with Gluten Intolerance

Easy gluten-free recipes and lifestyle solutions

ISBN	9781742665740
BINDING	Paperback
EXTENT	192 pages
DIMENSIONS	235 x 180mm
WORD COUNT	36,700
PHOTOGRAPHS	60
RECIPES	110
RRP	£8.99
RELEASE DATE	5 th January 2012
BIC CODE	WBHS



DESCRIPTION

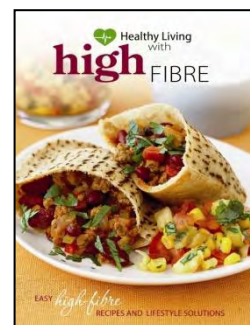
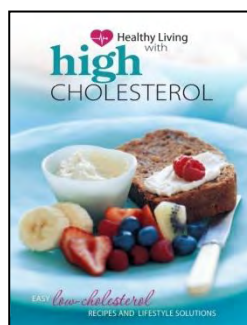
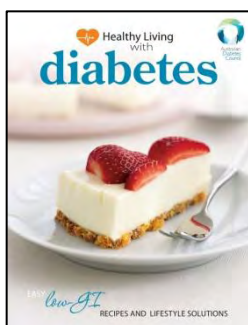
Maintaining a healthy diet is a desirable and achievable aim. Yet, many people with dietary issues or chronic conditions often are confused by the plethora of advice available and unsure of what path to take to help improve their health. This series aims to motivate and inform, through sound, up-to-date nutritional advice presented in a clear, accessible way. In addition, each book features more than 100 appealing, easy recipes which demonstrate that a health condition need not condemn the sufferer to a dull and limited menu. And, they show that their dietary needs can easily be accommodated when cooking for the family.

KEY SELLING POINTS

- Each title includes comprehensive nutritional guidelines from experts in the field.
- More than 100 recipes bring variety and healthful options within easy reach.
- Checklists and tables provide at-a-glance information.

OTHER TITLES IN THIS SERIES:

Diabetes 9781742664118 Apr 2012; *High Cholesterol* 9781742665757 Jan 2012; *High Fibre* 9781742664125 Apr 2012

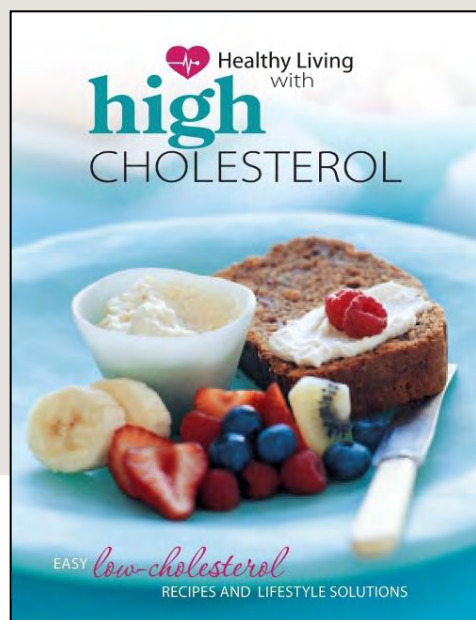


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Healthy Living with High Cholesterol

Easy low-cholesterol recipes and lifestyle solutions

ISBN	9781742665757
BINDING	Paperback
EXTENT	192 pages
DIMENSIONS	235 x 180mm
WORD COUNT	37,400
PHOTOGRAPHS	60
RECIPES	110
RRP	£8.99
RELEASE DATE	5 th January 2012
BIC CODE	WBHS



DESCRIPTION

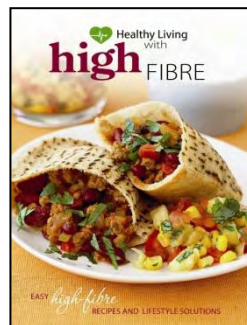
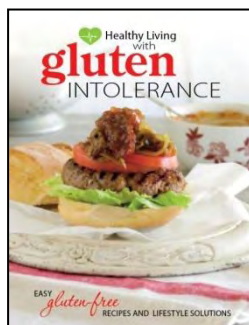
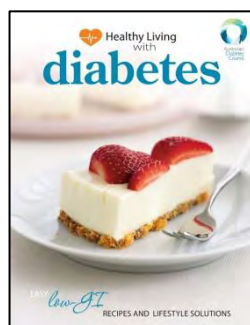
Maintaining a healthy diet is a desirable and achievable aim. Yet, many people with dietary issues or chronic conditions often are confused by the plethora of advice available and unsure of what path to take to help improve their health. This series aims to motivate and inform, through sound, up-to-date nutritional advice presented in a clear, accessible way. In addition, each book features more than 100 appealing, easy recipes which demonstrate that a health condition need not condemn the sufferer to a dull and limited menu. And, they show that their dietary needs can easily be accommodated when cooking for the family.

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- Checklists and tables provide at-a-glance information.

OTHER TITLES IN THIS SERIES:

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