

IT'S ALL GOOD: Delicious, Easy Recipes That Will Make You Look Good and Feel Great

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Gwyneth Paltrow, Academy-Award winning actress and bestselling cookbook author, returns with recipes for the foods she eats when she wants to lose weight, look good, and feel more energetic.

Last spring, after a particularly grueling schedule and lapse of overindulgence, Gwyneth Paltrow was feeling fatigued and faint. A visit to her doctor revealed that she was anemic, vitamin D deficient, and that her stress levels were sky high. He prescribed an elimination diet to clear out her system and help her body heal. But this meant no coffee, no alcohol, no dairy, no eggs, no sugar, no shellfish, no deep-water fish, no wheat, no meat, no soy, nothing processed at all!

An avid foodie, Paltrow was concerned that so many restrictions would make mealtime boring, so, together with Julia Turshen, she compiled a collection of 185 delicious, easy recipes that followed her doctor's guidelines. And it worked! After changing her diet, Paltrow healed totally, felt more energetic and looked great. Now, in IT'S ALL GOOD, she shares the go-to dishes that have become the baseline for the restorative diet she turns to whenever she feels she needs it. Recipes include: Huevos Rancheros, Hummus Tartine with Scallion-Mint Pesto, Salmon Burgers with Pickled Ginger, even Power Brownies, Banana "Ice Cream," and more!

Gwyneth Paltrow is an Oscar Award-winning actor and author of the New York Times bestselling cookbooks *My Father's Daughter* and *It's All Good*. She is founder of the website Goop, which covers food, fashion, fitness, and travel. Paltrow is an actress, businesswoman, and mother who lives in Los Angeles.

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“ He told her that it was very sad the immense ocean CHAPTER VIII . should roll between two loving hearts . ” but , " said he . ” there are barriers more SUSAN MERTON had two unfavored lovimpassable than the sea . ”