



Eat Real Food: Simple Rules for Health, Happiness and Unstoppable Energy

Julie Montagu

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Eating healthy doesn't have to be complicated or confusing. But somewhere along the way, even the most health-conscious of us can become overwhelmed by the endless information and advice available to us, and feel tempted to give up. *Eat Real Food* takes things back to basics, and guides you to make simple but positive dietary choices that will increase your intake of Julie's 'Flexi Five' - the five healthy food groups that are most important for keeping your brain and body balanced and happy:

Green leafy vegetables

Whole grains

Healthy fats

Natural sweeteners

Superfoods

Julie introduces you to the superheroes in each of these different food groups, shares the best ways to prepare them, explains their nutritional benefits, and then provides a variety of imaginative ways to include these foods in your diet every day, whether you're at home or on the go. As well as delicious recipes, Julie shares how you can improve your health and increase your happiness with meditation, affirmations, simple breathing exercises and gentle yoga poses. You *can* have boundless energy and glowing health, you just need to give your body the food and attention it craves and deserves. It really is that simple!

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