



Get the Glow: Delicious and Easy Recipes That Will Nourish You from the Inside Out

By *Madeleine Shaw*



Get the Glow: Delicious and Easy Recipes That Will Nourish You from the Inside Out By Madeleine Shaw

In GET THE GLOW nutritional health coach to the stars Madeleine Shaw shows you that eating well can easily become a way of life, resulting in the hottest, healthiest and happiest you. Healthy eating shouldn't be about fad diets, starvation or deprivation. Instead, Madeleine's philosophy is simple: ditch the junk and eat foods that heal your gut so you can shine from head to toe and really get the glow. Lavishly illustrated with sumptuous photography, GET THE GLOW is a cookbook to be savoured. Madeleine shares 100 delicious, wheat- and sugar-free recipes bursting with flavour and nutritional value leaving you feeling full and nourished. Every mouth-watering dish is easy to make, contains ingredients that can be found in your local supermarket and won't break the budget. You'll lose weight, feel healthier and will glow on the inside and out. Including a six-week plan and advice on kitchen cupboard essentials and eating out, Madeleine's down-to-earth and practical guidance will help you to embrace GET THE GLOW as a lifestyle for good. This book will inspire you to fall back in love with food, life, and yourself.

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Editorial Review

Review

Thank goodness she's not about fad diets or deprivation. Nutrition expert Madeleine Shaw's new book is all about ditching the junk and eating foods that make you glow with health. With completely wheat- and sugar-free recipes, meal plans and practical nutritional advice, it's your summer guide to goodness. -- Calgary Avansino Vogue I love Madeleine's book and her recipes. She makes healthy eating a joy. -- Millie Mackintosh It's refreshing to know that this isn't just another celeb-does-healthy-eating tome but advice from a bona fide nutritionist who happens to have the backing of one of the most glowing women out there. -- Jenny Stallard Metro This is a lady who walks her talk. Sunday Telegraph Nutritional health coach to celebs like Made in Chelsea's Millie Mackintosh shows you how to eat your way to healthier skin and shinier hair by ditching the junk food and stocking up on probiotics. -- Reenat Sinay Evening Standard I am feeling inspired by Madeleine Shaw's cookbook Get the Glow, which offers a realistic six-week plan of action for health and happiness, and which most importantly doesn't suggest that I cut out drinking or anything silly like that. -- Rachael Pells The Independent Sydney-born nutritional coach Madeleine counts the likes of Millie Mackintosh among her celebrity fans. After discovering the power of wholefoods as a teenager, she has developed a loyal social media following and hosts monthly healthy eating supper clubs from her home in South West London. Madeleine's first cookbook is released in April, and will centre on her key eating philosophy: ditch the junk and stick to foods that will heal your gut. -- Francesca Rice Marie Claire After battling with her body image for the entirety of her teens, Madeleine Shaw realised that something had to change. And boy, did she change. Shaw is now a nutritionist, chef, writer, yoga nut, and lifestyle coach, counting a number of celebrities as clients. She's intent on persuading the world that preparing nutritious, beautiful food can (and should) be done at home. She also thinks that calorie counting is for losers (though, of course, she's quick to remind us that there are calories, and there are calories). Her sugar-cleanse is about as tough as they come, but it's also becoming increasingly popular as people learn more and more about the evil white stuff. -- Grace McCloud The Independent

About the Author

Not so long ago, Madeleine Shaw would wake up feeling bloated, tired and unhealthy. So she decided to turn her life around and embarked on a journey to health that saw her travel to Sydney where she learned the art of eating well. Inspired to share her story with others, she is now a trained nutritional health coach, food blogger and creative cook. Her six-week 'Get the Glow' programme is in-demand by an impressive list of high-profile clients, all of whom Madeleine has helped enliven the hottest, healthiest and happiest versions of themselves. For now at least, Madeleine lives in London, where she is never too far away from her healthy staples: a blender, a yoga mat and a coconut! Visit Madeleine's website at: <http://madeleineshaw.com> which is bursting with health and nutritional advice. She also has a Twitter account @madeleine_shaw_ and an Instagram page: http://instagram.com/madeleine_shaw_

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