



Gordon Ramsay Ultimate Fit Food: Mouth-watering recipes to fuel you for life

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The dream combination - a Michelin-starred superchef who is also a committed athlete. Gordon knows how important it is to eat well, whether you're training for a triathlon or just leading a busy active life. And just because it's healthy food you don't have to compromise on taste and flavour. The book is divided into three sections, each one offering breakfasts, lunches, suppers, sides and snacks with different health-boosting benefits. The Healthy section consists of nourishing recipes for general wellbeing; the Lean recipes encourage healthy weight loss; and the Fit section features pre- and post-workout dishes to build strength and energise. This is the ultimate collection of recipes that you'll enjoy cooking and eating, and will leave you in great shape whatever your fitness goals. Author Biography Internationally renowned, multi-Michelin starred chef Gordon Ramsay has opened a string of successful restaurants across the globe, from the UK and France to Singapore and Hong Kong, to the United States. Gordon has also become a star of the small screen both in the UK and internationally, with shows such as Kitchen Nightmares, Hell's Kitchen, Hotel Hell and MasterChef US. - Gordon Ramsay Ultimate Fit Food by Gordon Ramsay (Hardback).

Gordon Ramsay Ultimate Fit Food: Mouth-watering recipes to fuel you for life Details

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From Reader Review Gordon Ramsay Ultimate Fit Food: Mouth-watering recipes to fuel you for life for online ebook

Idea Kart says

This Guy is like Sanjeev Kapoor at a global level.

This is an interesting read. Got it from here:

<https://www.ideakart.com/book/gordon-...>

Emma Fearon says

No good for me

I'm always on the lookout for fresh, healthy recipes. The beginning of this talks about not having special, hard to get ingredients. These recipes include loads of ingredients I would struggle to get affordably or locally.

Maybe one for after my lottery win. Or just switch my shopping to Waitrose!

Moon says

Easy to read, not too complex recipes. Made me want to try a few things.

Carol - Reading Writing and Riesling says

My View:

In the words of Gordon Ramsay (p13) ...this is not a diet book telling you what (and what not) to eat, nor is it full of faddy ideas about eating cabbage soup or living off grapefruits or eating like a caveman. It works on the very simple premise that what you put into your body makes a difference to how it functions. It also acknowledges that the body has different requirements depending on what you are expecting it to do." Greta advice from an award winning chef turned ultramarathon runner, Gordon Ramsay.

Tasty recipes, I particularly like the section on "Nourishing breakfasts" which includes chia puddings, apple spiced porridge, toasted oat soda bread, frittata...and the "Boosting breakfasts" which include breakfasts shakes, frozen berry breakfast bowls, huevos rancheros (a favourite of mine). These are easy to make, quick, fresh and delicious.

I am sure there is something that will appeal to all tastes and needs in this book.

