



Dr Gillian Mckeiths Shopping Guide

Gillian McKeith

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This is a handy guide to shopping for the Dr Gillian healthy eating lifestyle including: a brilliantly helpful food star system; a 'No-go' food reminder in case you wander into the snack aisles; plus tips on how to - incorporate the more unusual veggies and beans into your everyday diet; go organic without breaking the bank; and eat healthily on the run.

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