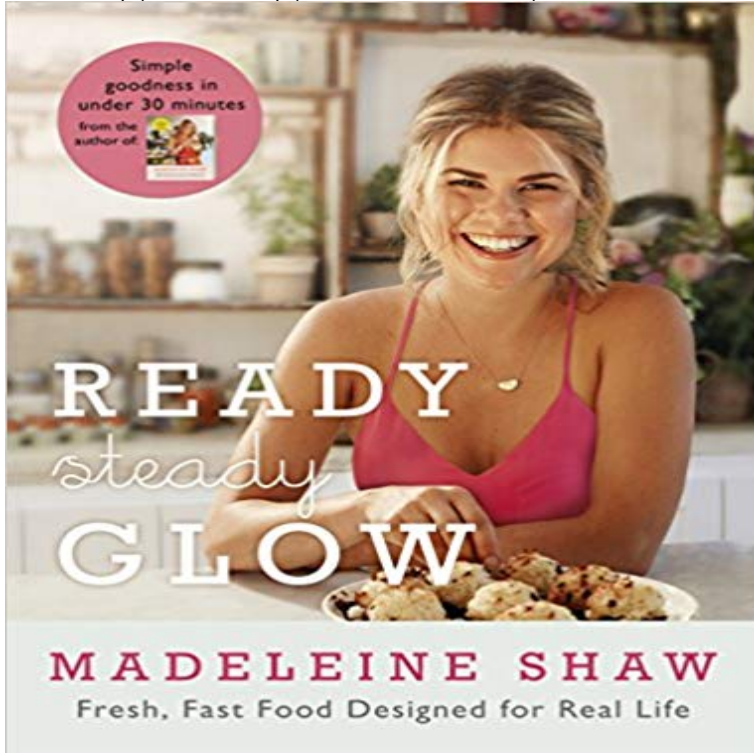


Ready, Steady, Glow: Fast, Fresh Food Designed for Real Life



Nutritional health coach to the stars, and bestselling author of *GET THE GLOW*, Madeleine Shaw knows that life is a balancing act. Monday to Friday its hard to juggle the demands of work and family with eating healthily, and the weekends are full of temptations that undermine our best efforts to get our glow. Madeleine offers the answer in *READY, STEADY, GLOW*, a beautiful and accessible cookbook designed for real life. *READY, STEADY, GLOW* is a book of two halves offering weekday recipes that can be made in less than 30 minutes, alongside sumptuous show-stopping meals perfect for the weekend. All recipes are wheat- and sugar-free, bursting with flavour and nutritional value, and contain natural ingredients that can be found in your local supermarket. Youll be amazed by deceptively speedy breakfasts such as coconut and lime quinoa porridge with honey almond crumble; lunches on-the-go like courgette and halloumi frittatas with lemon poppy yoghurt; and fuss-free, fridge-fix dinners such as Goan chicken curry. At the weekend, you can unwind and de-stress as Madeleine provides sumptuous brunches perfect for lazy days, along with impressive mains and desserts, designed to be shared. Youll be feasting - not fasting - on food that tastes so good youll forget the things youre cutting out. With Madeleines expert yoga routine, trademark meal plans, inventive tricks for speedy preparation and specialist down-to-earth advice, *READY STEADY, GLOW* is all you need to eat well and be well, for life.

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