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Amanda Staples

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Eating for Energy Amanda Staples
Recipes free from refined sugar, dairy, wheat and meat. Adaptable to add chicken and fish. This is food to get you going and keep you going; fabulous flavours; 80+ recipes. Sugar - The Devil's Dandruff. Know your sugars; sugar and chronic fatigue; the folly of fructose. The Cacao Connection - 'proper' chocolate defined. I'll Eat My Hat - encouraging you to eat 'proper' chocolate. A E I O U - know your vitamins and foods that have them. Going Green - capitalising on getting those good greens in your diet, easy peasy. Can't Cook, Can Cook - STOP making excuses and get on with it, here's a shift shelf suggestion to help you get going. Conversion Chart page - if you can't cope with cups, here's the old school measure system.

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