



Soulmate Food Fitness Gourmet: Delicious recipes for peak performance at any level

By Christian Coates

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Fitness Gourmet's straight-talking approach combined with nutritional know-how is proven with elite athletes and sportspeople, as well as celebrities. And now their system of creating tailored menus is available to everyone.

The book has two parts: the first section provides in-depth nutritional information; the second part offers a wealth of vibrant, mouthwatering recipes.

Each recipe can be done in one of three ways: for losing weight (Burn), for vitality (Balance) and for building lean muscle/training (Build). The main part of the recipe is the same for all versions, with different serving suggestions given depending on your ultimate goal.

The healthy and easy-to-make recipes have been designed so that every tasty mouthful delivers a nutrient-dense punch.

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Editorial Review

Review

"It has countless pages of beautifully presented, healthy food, nicely photographed and super easy to follow recipes." "A keeper" "If you enjoy good food and are committed to 'clean eating' then this is the book for you. We think this book offers truly new ideas for healthy eating and you will never get bored. We love it." "It has countless pages of beautifully presented, healthy food, nicely photographed and super easy to follow recipes." "A keeper" " If you enjoy good food and are committed to ' clean eating' then this is the book for you. We think this book offers truly new ideas for healthy eating and you will never get bored. We love it."

About the Author

Soulmatefood is an award-winning, no-nonsense healthy food delivery consultancy and is the brainchild of food coach realist and personal trainer **CHRISTIAN COATES**. Christian founded Soulmatefood in 2008, based on the conviction that he could bring the power of healthy cuisine directly to people's doorsteps - to help make a real difference to their health and wellbeing. Recognising that people today lead increasingly hectic lifestyles, with the added pressure to look good, Christian saw the need for healthy, accessible cuisine and built Soulmatefood to create a gourmet diet delivery service - for the real world.

Soulmatefood creates bespoke, healthy, calorie-controlled, balanced and delicious menus that are delivered straight to your door, wherever you are in the UK; a US branch is in the pipeline for 2015. Each gourmet menu is tailored to suit personal dietary requirements, using locally sourced ingredients and lots of scientific nutritional know-how and is put together lovingly by trained chefs.

As well as having a Soulmatefood Kitchen in London's luxury department store Harrods, Soulmatefood has created a new concept in 'grab and go' that has been rolled out through Virgin Active gyms, across the UK, and will soon appear on Virgin Trains and Virgin Atlantic.

www.soulmatefood.com

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