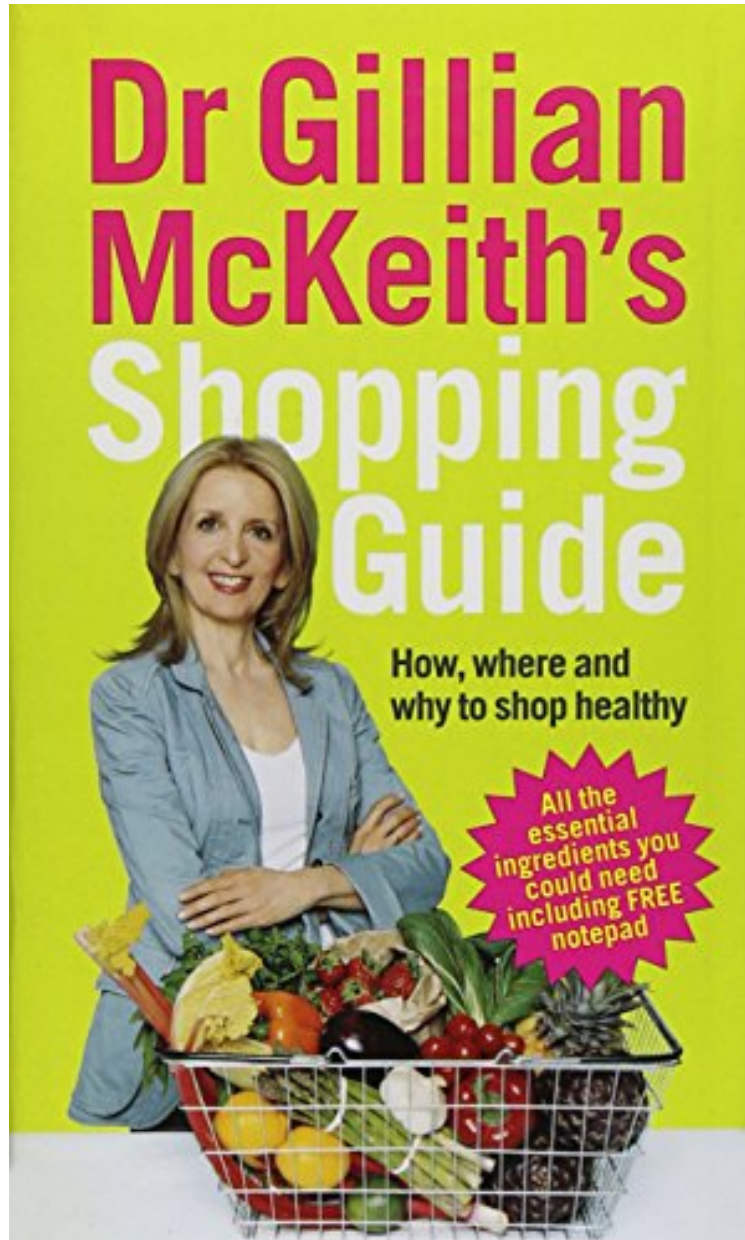


## Dr Gillian Mckeiths Shopping Guide

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.

About the Author Dr Gillian McKeith (PhD) is the internationally acclaimed holistic nutritionist. She helps clientele from all walks of life using nutritional evaluation and food energetics. Gillian is the presenter of You Are What You Eat, the hit Celador primetime television programme for Channel Four. Gillian is the author of the bestselling You Are What You Eat, You Are What You Eat Cookbook, Dr Gillian McKeith's Ultimate Health Plan and Living Food For Health (Piatkus). Raised in Scotland, Gillian now travels extensively giving lectures and seminars.  
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