



# **The Microbiome Cookbook: 150 Delicious Recipes to Nourish Your Microbiome and Restore Your Gut Health**

*Pamela Ellgen*

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The revolutionary approach that fixes your digestion by unleashing nature's tiny but powerful organi....

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# **From Reader Review The Microbiome Cookbook: 150 Delicious Recipes to Nourish Your Microbiome and Restore Your Gut Health for online ebook**

## **Lindsay Burgess says**

Straightforward, easy to follow recipes. Pictures are essential for me to love a cookbook. The cover is a teaser, that's the only visual you'll get!

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## **Paige says**

Simple straight-forward delicious recipes. I'm excited to have a cookbook with gut health in mind. Can't wait to get cooking! I won this book from a goodreads giveaway.

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## **Julee T says**

Who knew chimichurri steak was actually a gut healing recipe? Or that lamb chops in a pistachio and mint crust were doing wonders for your Microbiome. I started using this book as an additional step of an annual pre-Christmas trim down challenge with my friend and work colleague Michelle and after watching a documentary on healing your gut on SBS. This is a highly sensible cookbook with delicious recipes, no really weird ingredients and a high flavour profile. I noticed a difference in the way I felt immediately and the things I want to eat have steadily come on board making it easier to stick to the 5:2 format of the original trim down challenge. Needless to say I have achieved 90% of my pre-Christmas challenge in spite of cheating on most of our 5:2 fast days - thank goodness I was doing right by my Microbiome at least once a day- and Christmas lunch is going to be a gut healing recipe, pan seared duck breast with honey and ginger dressed gem lettuce. In subsequent editions I would like to see a coffee table format with lots of wonderful glossy photos in line with current cookbook trends because this cook is worth it, and proper nutrition should not be relegated to dull publishing and reader imagination. "We eat first with our eyes" The Chinese poet and gastronomist Yuan Mei (1716-1797) so let's celebrate the game of good gut health at equal heights with the game of six ways to hide the sugar!

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## **Amy Vey says**

What a great cookbook for those who are looking to help get your body (and your Microbiome) back on track! Sometimes there are cookbooks with more recipes that you won't use than those that you will, but this is not one of those cookbooks. It has so many delicious sounding recipes that I just kept right on reading, perusing the recipes, and getting excited to try a good portion of them. I got out a big Post-It Note pad and wrote down the pages of the recipes which I am definitely going to try, and those with a few pages of those I would have to go out of my normal eating habits or choices of foods to try. But I am OK with trying new recipes, if it nurses my Microbiome back to it's finest and optimal running state! Thanks for allowing me to be a Goodreads winner!

