BOOKS FROM FRANCE

Energy Comes from the Kitchen!

Easy, Personalized Tips for an Energizing Diet

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How can we derive the maximum possible energy from what we eat, banish fatigue, and be in shape at any age?

It's easy! Just follow this simple, personalized advice, illustrated in this guide, and organized into five key steps: 1) choosing the right foods, 2) storing them correctly, 3) cooking them the right way, 4) pairing them well, and 5) eating them. Drawing on his experience with renowned chefs and sommeliers in France and Japan, as well as ancestral knowledge from different cultures around the world, Émilie Félix has developed a revolutionary approach to cooking for all those who enjoy eating.

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