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All this to say: I like Gwyneth, imperfections and all. Her cookbooks intrigue me. It's All Good may not have any groundbreaking information for someone already on the whole food bandwagon, but the recipes are simple and flavorful and the book is inspiring. My copy is already full of folded down corners, because there are so many

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recipes we want to try.

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You could say It's All Easy is out of touch, that the book is too name-droppy, that the ingredients are too expensive, and that no one really eats like this. And it would be more or less true.

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Buy It's All Good: Delicious, Easy Recipes that Will Make You Look Good and Feel Great by Gwyneth Paltrow, Julia Turshen (ISBN: 9780349400839) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Rub the marinade all over the chicken, making sure to get as much as possible underneath the skin. Place the chicken on a wire rack over an aluminum foil-lined baking sheet (or in a roasting pan or baking dish) and roast for 1 hour and 15 minutes.

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**Recipes from It's All Easy, by  
Gwyneth Paltrow - Good Food**

But this meant no coffee, no alcohol, no dairy, no eggs, no sugar, no shellfish, no deep-water fish, no wheat, no meat, no soy, nothing processed at all! An avid foodie, Paltrow was concerned that so many restrictions would make meal time boring, so, together with Julia Turshen,

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she compiled a collection of 185  
delicious, easy recipes that followed her  
doctor's guidelines.

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Gwyneth Paltrow is an Oscar Award-  
winning actor and author of the New  
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Father's Daughter and It's All Good. She  
is founder of the website Goop, which  
covers food, fashion, fitness, and travel.  
Paltrow is an actress, businesswoman,  
and mother who lives in Los Angeles.

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Recensito nel Regno Unito il 19 febbraio 2015. Acquisto verificato. Had to have the book but as yet not overly impressed. I wouldn't want to make a lot of the recipes and haven't got around to trying any of the others that I thought I would.

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Reviewed in the United Kingdom on  
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for the foods she eats when she wants to lose weight, look good, and feel more energetic. Last spring, after a particularly grueling schedule and lapse of overindulgence, Gwyneth Paltrow was feeling fatigued and faint. A visit to her doctor revealed that she was anemic, vitamin D deficient, and ...

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