



Day-by-Day Gourmet Cookbook: Eat Better, Live Smarter, Help Others

Graham Kerr

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Eat better, live smarter. help others. That's the powerful message inside legendary chef Graham Kerr's Day-by-Day Gourmet Cookbook.

Kerr, formerly known as "The Galloping Gourmet," presents more than one hundred recipes here that show how to use nutrient-dense foods (fruits and vegetables) to replace calorie-dense foods (fats, salts, carbohydrates).

In addition, he expounds on the benefits of this diet such as increased restful sleep and overall healing, and increased mobility and emotional stability.

Throughout, Kerr also shares his popular "double benefit" concept that applies to mind, body, and soul: replace harmful habits with healthy ones while reaching out to others in need, and everybody wins.

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