

DOWNLOAD ITS ALL GOOD DELICIOUS EASY RECIPES THAT WILL MAKE YOU LOOK AND FEEL GREAT GWYNETH PALTROW

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An avid foodie, Paltrow was concerned that so many restrictions would make mealtime boring, so, together with Julia Turshen, she compiled a collection of 185 delicious, easy recipes that followed her doctor's guidelines.

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I checked out my copy of It's All Good from the library just three weeks ago, and so far I've already cooked over 25 of the recipes from her book. From a simple agua fresca to veggie dumplings made from scratch, I've made the sweet and savory, the simple and the complicated – most yielding quite good results.

My 8 Favorite Recipes, So Far, From Gwyneth Paltrow's Book

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It's All Good: Delicious, Easy Recipes That Will Make You Look Good and Feel Great by Gwyneth Paltrow and Julia Turshen. Q&A with GP. We knew our Editor-in-Chief was hard at work with her second book and seeing it now, we are pretty blown away. Here's what we wanted to ask the author/our founder. Q.

It's All Good | Goop

It's All Good has 2,880 ratings and 224 reviews. Kathleen said: A year ago Paltrow nearly passed out from too much work, too much stress, and maybe a bi...

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