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The Food Medic Recipes Fitness

Dr Hazel Wallace is the girl behind The Food Medic, a blog she set up in 2013 as a platform to show people that eating healthy and staying fit can be enjoyable, uncomplicated and easy to incorporate into an everyday busy lifestyle. Hazel is a UK based health and fitness blogger, social media influencer,

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first book brings you

over 70 nutritional

recipes to look and feel

amazing whilst

debunking the diet

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first book brings you over 70 nutritional recipes to look and feel amazing whilst debunking the diet myths. 'I'm a girl who juggles two jobs, who loves to lift, who adores real food - and can't resist chocolate.

**The Food Medic by
Dr Hazel Wallace |
Waterstones**

The Food Medic shares an exclusive seven-day food diary of breakfast,

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lunch, dinner and
chocolate with womens
healthmag.co.uk.

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help you live well every
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of 5 stars 3. Hardcover.
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Re-Nourish: A Simple

Way to Eat Well

Rhiannon Lambert.

**The Food Medic:
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I've followed the food medic since the beginning and Hazel is a fantastic example for men and women both young and old. It's refreshing to see health and nutritional content given by an

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expert with a balanced

view on life and the

book covers everyone

from beginners to

health and fitness

looking for guidance, to

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This Is the Most Serious

Health Problem in the

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May 27) at 6PM For A
Live Discussion About
the 2 Most Important
Documents You Should
Have Ready Before A
Medical Emergency
Happens Healthy NYC
May 27, 2020. NYC
Retirement New York
City Non-Profit Created
To Provide Seniors
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Welcome to The Food

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Medic. The Food Medic is an educational platform and media group founded by Dr. Hazel Wallace. Our aim is to bridge the gap between traditional medical advice and the latest thoughts and developments in nutrition and other areas of lifestyle.

The Food Medic

Through The Food Medic social media platforms, podcasts,

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books, and website you will find; informative articles which are grounded in science, easy-to-follow recipes, and actionable tips and guides, to help you make informed healthy lifestyle choices. See our Press page for more information on our press and collaborations.

About us | The Food Medic

Dr Hazel Wallace is the

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girl behind The Food Medic, a blog she set up in 2013 as a platform to show people that eating healthy and staying fit can be enjoyable, uncomplicated and easy to incorporate into an everyday busy lifestyle. Hazel is a UK-based health and fitness blogger, social media influencer, qualified personal trainer and doctor.

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Dr Hazel Wallace aka
The Food Medic's
recipes. Parma ham-
wrapped cod and
Mediterranean
vegetables. Feta,
aubergine,
pomegranate and
harissa salad. Smoked
salmon sushi salad
bowl.

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recipes | Sainsbury's

Magazine For A

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70 nutritional recipes

to help you look and

feel amazing. £13.99

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A recent survey of registered dietitians named the low-carbohydrate keto diet yet again as the most popular diet in the United States.

Powering this diet is fat, and loads of it —

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all the way up ...

Fitness For A

What Is the Keto

Diet and Does It

Work? - The New

York Times

Here, I paired fillets with a seasonal treat: fresh local blueberries. The berries would have been cloying with the fish by themselves, so I simmered them with white wine and vinegar, creating a sweet-and-sour sauce inspired by Italian

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agrodolce The bracing

blueberry agrodolce

would have worked

wonderfully on other

fish, especially oily

ones like mackerel and

swordfish

Salmon With

Agrodolce

Blueberries Recipe -

NYT Cooking

Welcome to day 1 of

the 12 days of fitmass

with The Food Medic!

Today we are training

LEGS!! This workout is

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a strength based workout, designed to build muscle and help you sculpt your legs and ...

DAY 1 |

**#12DaysOfFitmass |
THE FOOD MEDIC**

On the same day that New York City's 911 dispatchers fielded a volume of calls not seen since the Sept. 11 attacks, Paul Cary, a paramedic, set out for the nearly 1,800-mile

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drive from Denver to ...

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Colorado Paramedic

Who Came to Help

New York Dies From

...

Most recipes have
vegetarian, vegan and
GF/allergy sensitive
alternatives and look
delicious. I'm looking
forward to trying many
of them out especially
the sweet potato
fritata, oatmeal
cookies, bircher &
broccoli bake recipes

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Full of brilliant
evidence based
information on the
links between food and
wellness, including
recipes, anecdotes and
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