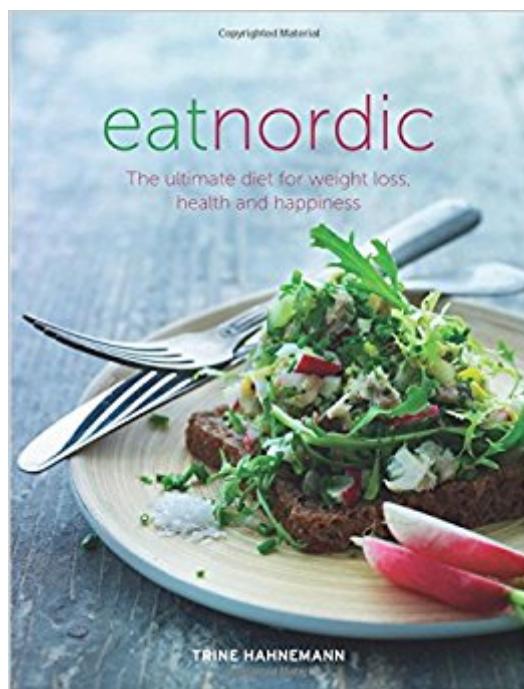


The book was found

Eat Nordic: The Ultimate Diet For Weight Loss, Health And Happiness



Synopsis

Forget the Mediterranean diet - the Nordic diet is the best approach for healthy living. Findings suggest that the traditional diet, lifestyle and foods produced in northern climates are not only extremely healthy but also environmentally friendly. Eat Nordic is all about eating locally sourced seasonal ingredients combined in a balanced diet of protein, carbohydrate and fat. The traditional diet of Northern Europe - with its emphasis on good, home-made and often home-grown, seasonal food - consists of a wide variety of grains, berries, vegetables, fish, poultry and game (but very little meat). In this updated edition of the best-selling book, *The Nordic Diet*, Trine Hahnemann, doyenne of Scandinavian cooking, provides a succinct guide to the Nordic diet, its elements, ingredients and basic philosophy and how to use it to lose weight. All these elements are then combined in 75 diverse and delicious recipes. Photographed in Denmark by Lars Ranek, *Eat Nordic* is an appealing and timely book.

Book Information

Paperback: 176 pages

Publisher: Quadrille Publishing Ltd (January 1, 2016)

Language: English

ISBN-10: 184949763X

ISBN-13: 978-1849497633

Product Dimensions: 6.6 x 0.7 x 8.6 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #895,878 in Books (See Top 100 in Books) #86 in Books > Cookbooks, Food & Wine > Regional & International > European > Scandinavian

Customer Reviews

Trine Hahnemann began her career in food more than 20 years ago co-founding a company that catered for the film and music industry on location in Scandinavia. She subsequently started her own company, 'Frokostkompagniet', which runs restaurants and personnel canteens inside companies, including the restaurant and cafes in Denmark's House of Parliament, 'Christiansborg'. She is an expert on and ambassador for modern Scandinavian food and she cooks, writes and lectures on the subject around the world. She has written five cookbooks in Danish and three in English: *The Scandinavian Cookbook*, *Scandinavian Christmas*, and *Scandinavian Baking*, all published by Quadrille.

It was better than what I was expecting. The recipes are very simple and very natural.

[Download to continue reading...](#)

DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Eat Nordic: The Ultimate Diet for Weight Loss, Health and Happiness Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo

Diet, Lose Weight Fast, Flat Belly) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide for Rapid Weight Loss and Amazing Energy (Ketogenic Diet, Atkins Diet, ... Beginners, Intermittent Fasting) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)