



Eat Greek for a Week: Fabulous food that will improve your health in seven days

Tonia Buxton

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In this wonderful new cookery book, gourmet chef and television personality Tonia Buxton shows how the culinary wonders of Greece can lead to a happy, healthy and rewarding diet.

A qualified nutritionist, Tonia Buxton takes you on a journey across her homeland and shows how Greek food can not only manage your weight more effectively, but can help slow aging, improve your sex life, and even prevent the development of diabetes.

From delicious dolmades to mouth-watering moussaka, leave the mundane weekly dinners at home and join Tonia on a culinary journey of discovery as she shows you how the dishes of her Hellenic homeland can lead to a happy and healthy lifestyle.

With over 50 recipes ranging from a simple Tzatziki to a superb souvlaki, Eat Greek for a Week is a wonderful introduction to Greek cooking.

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