

REAL HEALTHY

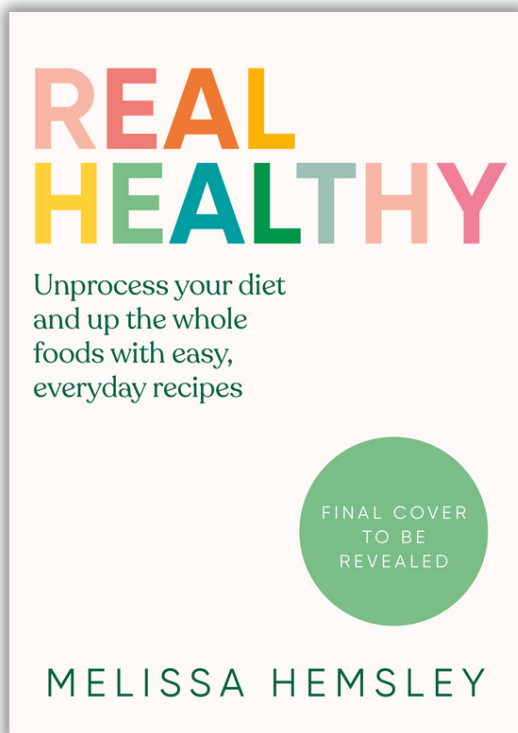
Unprocess your diet and up the whole foods with easy, everyday recipes

MELISSA HEMSLEY

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Delicious, wholesome, life-friendly recipes to help you eat well, every day.

'Real Healthy is my kind of cooking – nourishing, easy, full-flavoured and veg-packed meals for real life. With shortcuts, simple batch cooking, time-saving traybakes and packed lunches you'll actually look forward to(!), I hope this book helps busy people and families navigate the tricky problem of how to cut back on ultra-processed foods.' **Melissa Hemsley**



Research has shown that ultra-processed foods have been linked to high-blood pressure, heart disease and other serious illnesses, yet the average person in the UK gets a whopping 56% of their calories from UPFs, with an even higher figure for children. Chris van Tulleken's book *Ultra-Processed People* showed many of us what a detrimental effect UPFs can have on our health and wellbeing.

We know that reducing the amount of UPFs in our diets is advised, but in our busy lives, they can be hard to avoid – they're affordable, familiar and heavily marketed. So, what's the solution? *Real Healthy* is a life-friendly cookbook for time-poor people who want healthy food that's quick, convenient and tasty, too. Melissa Hemsley provides simple, doable, and delicious recipes to help you tackle those every day tricky problem areas – on-the-go breakfasts, al desko lunches, satisfying snacks, and easy to make sweet treats – as well as tips

on what to look out for when trying to identify UPFs. She also provides helpful meal plans to stay on top of the week's shopping and cooking, making it easy for you to pack wholefoods *in*, and steer clear of 'UPF-traps'.

Melissa has long been an advocate for making wholesome, healthy food at home and is passionate about providing solutions for people who are scared by the headlines, and keen to make cost- and time-effective changes that help un-process their everyday diet.

With 90 recipes such as One-Pot Lazy Lasagne, Cherry Almond Granola, Take-To-Work White Bean Chicken Chilli, as well as 'build your own' recipes for UPF-free soups, sandwiches and smoothies. She also offers handy hints for freezing food, and maintaining a well-stocked, useable, and UPF-free store cupboard.

This is not a diet book nor a demonisation of ultra-processed foods. Melissa is not suggesting that completely cutting out UPFs is necessary or even possible (they are an essential option for some people), instead *Real Healthy* is a cookbook hoping to provide solutions for those looking to readdress the balance of what's on their plates.

Melissa has thought about where we need the most help, and devised easy, practical ideas and swaps. As ever, her food is family friendly, doable and delicious, and her joy and enthusiasm radiate off the page.



Bestselling author Melissa Hemsley celebrates easy and accessible healthy food that everyone can enjoy, as well as a more accessible and sustainable way of eating for everyone. She began her food career as a private chef for actors and bands, including Take That, and has written and co-written five bestselling books, published internationally.

Melissa is a proud long term supporter of food redistribution charity The Felix Project, and volunteers with them regularly to rescue surplus food and to cook for children and the vulnerable. She is an ambassador for Mental Health Mates, the Fairtrade Food Foundation and Women Supporting Women (The Prince's Trust), among others. Over the last 5 years, Melissa has been supporting The Food Foundation and School Food Matters and working on campaigns such as Feed the Future and Free School Meals.

Melissa regularly appears on daytime TV and radio and a host of other cookery and news shows, often speaking on behalf of the charity and community projects she works with. She lives in London with her partner and baby daughter.

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