

# TIM SPECTOR



## The Food for Life Cookbook

Recipes by Kathryn Bruton and Georgia Tyler

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**\*EMBARGOED UNTIL 7 OCTOBER 2024\***

**'Phenomenal flavour, infused with science. A beautiful cookbook'**

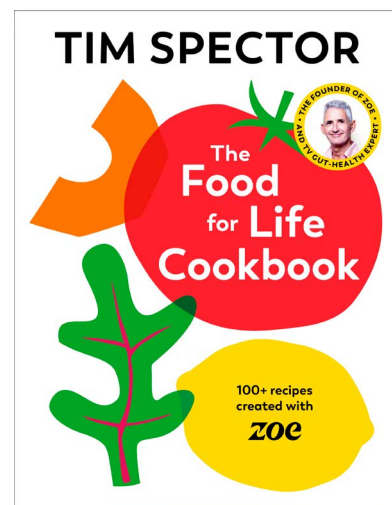
**DR RUPY AUJLA**

**'Tim's principles for eating well, now brought to your plate in these delicious recipes, are totally transformative'**

**HUGH FEARNLEY-WHITTINGSTALL**

**'This is the book I wish I'd had a decade ago. Using it as a guide, with its tips and inspiration, I could have become much smarter in the kitchen and healthier a lot quicker. I hope that's what it does for you'**

**TIM SPECTOR**



The Food for Life Cookbook takes the groundbreaking guidance in Professor Tim Spector's number 1 bestselling guide to the new science of eating well and, in over 100 delicious and achievable recipes created in collaboration with ZOE's nutritionists, shows just how simple and enjoyable it can be to adapt to a gut-friendly way of eating. With this cookbook Tim wants to share his knowledge and how simple it can be to eat for both pleasure and health. The book will help you make better food choices every day, whatever your starting point. Tim's approach is all about abundance rather than cutting things out, as he encourages you with simple ways to add to the diversity of plants on your plate.



Shaped by Tim's own experience of transforming the way he eats, as well as common requests and best-loved recipes from readers and ZOE members, chapters include Everyday Essentials; Breakfasts; 15-minute Meals; Vibrant salads; Satisfying Mains; Cupboard Raid; Entertaining; and not forgetting Sweet Treats and Snacks.

Individually and as a collection, these recipes, such as the 11-Plant Orzo, live and breathe Tim's six scientific principles for eating well; 1) Eat 30 Plants a Week 2) Eat the Rainbow 3) Pivot Your Protein 4) Think Quality, Not Calories 5) Incorporate Fermented Foods 6) Try Time-Restricted Eating.

**TIM SPECTOR, MD**, is Professor of Epidemiology at King's College London. He is the bestselling author of *The Diet Myth*, *Spoon-Fed* and *Food for Life* and co-founder of ZOE, the science and nutrition company. With a focus on cutting-edge science and honoured with an OBE for his impactful work in fighting Covid-19, Tim stands at the forefront of his field. The original pioneer of microbiome research, he is among the top 100 most cited scientists in the world.

Tim started cooking at a young age, enjoying his mother Juno's lasagne at home and learning to cook Wiener schnitzel and apple strudel as a teenager working in an Austrian kitchen (all of which have inspired recipes in this book). As a young medic he ate a typical junior doctor's diet of snatched sandwiches and juices, not realising how bad they were for him nutritionally. It was only when he had a mini stroke in his fifties that he was inspired to improve his own health outcomes by focusing his scientific research on the groundbreaking area of nutrition and the gut microbiome. He then set about applying his cutting-edge scientific findings in his own kitchen. Tim's wife Veronique and his children have, at times, been alarmed by the growing family of (sometimes explosive) ferments in their kitchen and fridge, but are increasingly impressed by his enthusiasm and creativity in the kitchen. They have even been known to ask for seconds and leftovers of 'Juno's lasagne'. Tim lives in London.

[instagram.com/tim.spector](https://www.instagram.com/tim.spector)

**For further information, interviews, publicity recipes please contact Sarah Bennie on [sarah@sarahbennie.com](mailto:sarah@sarahbennie.com) 07799 416932 | @sbennie**



# The Food for Life Cookbook

TIM SPECTOR, 100+ recipes created with ZOE

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Roasted Squash with  
Toasted Grains (V)



Roasted Aubergine  
Traybake



Creamy Kale Pasta (V)



Broccoli and Walnut  
Orecchiette (V)



Aubergine  
Parmigiana



Sweetcorn and  
Spinach Dhal (V)



Chocolate Olive Oil  
Mousse (V)



Carrot Cake with Tahini  
Orange Frosting



Pecan Chocolate  
Cookies (V)

For further information, interviews, publicity recipes please contact Sarah Bennie on [sarah@sarahbennie.com](mailto:sarah@sarahbennie.com) | 07799 416932 | @sbennie

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