

Itsu The Cookbook: 100 Low-calorie Eat Beautiful Recipes For Health & Happiness. Every Recipe Under 300 Calories And Under 30 Minutes To Make **By Julian Metcalfe**

By Julian Metcalfe

Julian Metcalfe, founder of global success Pret A Manger, is dedicated to building his healthy food chain, itsu. Years of listening and reacting to Pret's customers

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Itsu are happy to announce the launch of their brand new cookbook itsu the cookbook: 100 low-calorie eat beautiful recipes for health & happiness , written by

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itsu has 2 restaurants, Chelsea and Notting Hill, Chelsea and Notting Hill, and about 50 low-fat salad, sushi and noodle health-food shops across London

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Collects one hundred low-calorie, Asian-inspired recipes that are quick and easy to prepare, including soups, salads, noodle dishes, and sushi.

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