

# **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**

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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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**Julian Metcalfe (Author of The Itsu Cookbook) - -**

Julian Metcalfe is the author of The Itsu Cookbook (5.00 avg rating, 3 ratings, 2 reviews, published 2014), Itsu the Cookbook Julian Metcalfe s Followers.

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