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on the very simple premise that what you put into your body makes a difference to how it functions. The recipes have all been analysed by a nutritionist and their figures appear alongside the recipes. Based on those numbers, Gordon split the recipes into three sections – Healthy, Lean and Fit.

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opened a string of

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Ultimate Fit Food is a
cookbook written by
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three sections namely
?Healthy?, ?Lean
recipes? and ?Fit?, each
consisting of breakfasts,
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demonstrates some basic cooking skills as well as some easy to do recipes. Including pork chops with sweet and sour peppers, pan-fried scallops to a stuffed roast chicken. Gordon Ramsay's Ultimate Fit Food/Healthy, Lean and Fit –

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