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The Louise Parker Method: Lean for Life – The Cookbook is written by the founder of the eponymous company, Louise Parker. Known for her body and lifestyle

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Louise parker: "this is freedom from the madness of dieting"

In my first book Louise Parker Method; Lean for Life the recipes involve mostly fewer than eight ingredients and should take less than eight

Louise parker recipes | sainsbury's magazine

Louise Parker is a wellbeing guru who is on a mission with her inspiring recipe book The Louise Parker Method Lean For Life: The Cookbook (Mitchell Beazley,

Louise parker method: lean for life : transform your body in 6 weeks

Louise Parker Method: Lean for Life : Transform your body in 6 weeks, Many of the recipes call for fewer than 8 ingredients and take just 8 minutes to prepare.

The louise parker method: lean for life: the cookbook by louise

Louise Parker has spent 20 years learning, researching, testing and improving The Louise Parker Method. Her clients include CEOs and celebrities too A-list to

The louise parker method lean for life book - clean eating & healthy

We heart Louise Parker's new book, The Louise Parker Method: Lean for Life. It's completely brilliant and a breath of fresh air. It's a must-read

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