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'The Doctor's Kitchen' brand is inspiring both patients and the medical profession about how we can use food and lifestyle to improve the health of the world." Dr Mark Hyman - physician, scholar and New York Times Bestselling Author. About the

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Author. Dr Rupy Aujla  
is a practising GP in  
London.  
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## **The Doctor's Kitchen by Dr. Rupy Aujla**

Delicious  
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The doctor's kitchen  
Supercharge your  
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Aujla's easy recipes. Dr  
Rupy Aujla. Saturday  
December 16 2017,  
12.01am, The Times.  
Split-pea soup with  
watercress and basil.

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Dr Rupy Aujla's first cookbook, The Doctor's Kitchen, is the go-to book to help you kick unhealthy faddy diets for good. In the book, Rupy, explains the principles of healthy living in a fun and relatable way with over 100 vibrant, tasty recipes steeped in medical science which are easy and inexpensive to make.



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## **The Doctor S Kitchen Supercharge Your Health With 100 ...**

The Doctor's Kitchen Meals . I am incredibly excited to share this with you. I have developed two delicious meal boxes in collaboration with Pollen + Grace, with 100% proceeds going directly to NHS charities and initiatives that are tackling food insecurity in the UK.

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## Kitchen **The Doctor's Kitchen: Supercharge your health with 100 ...**

The Doctor's Kitchen (2017) is a guide to healthy eating, backed by extensive scientific research. It shows how eating well doesn't have to be expensive, difficult, or boring - you just need to stock up on the right ingredients, cook them properly, and develop some good habits!

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recipes by Dr Rupy  
Aujla, 9780008239336,  
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Dr Rupy Aujla's first  
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