

tom kerridge dopamine diet book

Exploring the Tom Kerridge Dopamine Diet Book: A Comprehensive Guide

Tom Kerridge dopamine diet book has garnered significant attention in the world of health and wellness, promising a transformative approach to eating that can enhance mood, boost energy, and promote sustainable weight loss. Celebrity chef Tom Kerridge, renowned for his culinary expertise and charismatic personality, has ventured into the realm of mental health and nutrition with this innovative diet plan. The book combines scientific insights into dopamine's role in motivation and pleasure with practical dietary strategies, making it an appealing resource for those seeking to improve their well-being through mindful eating.

In this article, we will delve into the key aspects of the Tom Kerridge dopamine diet book, exploring its principles, benefits, and how it differs from traditional dieting methods. Whether you're a seasoned health enthusiast or just beginning your wellness journey, understanding the concepts behind this book can help you make informed choices on your path to better health.

What Is the Tom Kerridge Dopamine Diet Book?

Overview and Background

The Tom Kerridge dopamine diet book is a comprehensive guide that introduces readers to a diet plan centered around optimizing dopamine levels in the brain. Dopamine is a neurotransmitter responsible for feelings of pleasure, motivation, and reward. When balanced correctly, dopamine can influence our cravings, mood, and overall mental health.

Tom Kerridge, a well-known chef and restaurateur, turned his focus to mental well-being and nutrition after experiencing personal health challenges. His book aims to demystify the science of dopamine and provide practical advice on how to incorporate dopamine-friendly foods into everyday life.

The Science Behind Dopamine and Diet

Understanding the science is crucial to appreciating the principles of the Tom Kerridge dopamine diet. Key points include:

- Dopamine's Role: It regulates motivation, desire, and pleasure, influencing behaviors such as eating, exercise, and social interactions.
- Dopamine Imbalance: Low levels can lead to lack of motivation, depression, and overeating, especially cravings for highly palatable foods.

- Dietary Impact: Certain foods and lifestyle choices can boost dopamine production naturally, leading to improved mood and healthier habits.

By focusing on foods that support dopamine synthesis and regulating behaviors that cause dopamine spikes, the diet aims for sustainable mental and physical health improvements.

Core Principles of the Tom Kerridge Dopamine Diet

Focus on Dopamine-Enhancing Foods

The diet emphasizes incorporating foods rich in nutrients that support dopamine production, such as:

- Protein Sources: Lean meats, fish, eggs, dairy, and plant-based proteins like beans and lentils.
- Fruits and Vegetables: Especially those high in antioxidants and vitamins, such as berries, spinach, and avocados.
- Nuts and Seeds: Almonds, walnuts, pumpkin seeds, which provide healthy fats and amino acids.
- Dark Chocolate: In moderation, due to its phenylethylamine content that can boost dopamine.

Limit Highly Processed and Sugary Foods

To maintain balanced dopamine levels, the book recommends reducing intake of:

- Sugary snacks and beverages
- Processed foods high in refined carbs
- Artificial sweeteners and additives

Incorporate Lifestyle Changes

Beyond diet, Kerridge emphasizes habits that naturally elevate dopamine:

- Regular physical activity
- Adequate sleep
- Mindfulness and stress management
- Setting and accomplishing small goals to foster motivation

Benefits of Following the Tom Kerridge Dopamine Diet

Improved Mental Well-Being

By focusing on dopamine-friendly foods and behaviors, followers often report:

- Increased motivation
- Reduced feelings of depression and anxiety
- Better mood regulation

Enhanced Physical Health

The diet encourages nutrient-rich, whole foods that contribute to:

- Weight management
- Better digestion
- Improved energy levels
- Reduced risk of chronic diseases like diabetes and heart disease

Support for Sustainable Lifestyle Changes

Unlike fad diets, Kerridge's approach promotes long-term habits that can be maintained indefinitely, leading to lasting health benefits.

How the Tom Kerridge Dopamine Diet Book Differs from Traditional Diets

Focus on Mental Health and Motivation

Many diets concentrate solely on calorie counting or macronutrient ratios. Kerridge's approach uniquely integrates mental health considerations, emphasizing the importance of dopamine in sustaining motivation.

Holistic Approach

The book advocates for a balanced lifestyle that combines diet, physical activity, sleep, and mental well-being rather than isolated dietary restrictions.

Science-Based Strategies

Kerridge provides readers with evidence-backed information, making the diet both credible and understandable.

Practical Tips from the Tom Kerridge Dopamine Diet Book

Meal Planning Tips

- Incorporate a variety of protein sources at each meal.
- Include colorful fruits and vegetables for antioxidants.
- Snack on nuts or dark chocolate in moderation.
- Avoid processed snacks and sugary treats.

Sample Daily Meal Plan

1. Breakfast: Scrambled eggs with spinach and avocado
2. Lunch: Grilled salmon with quinoa and roasted vegetables
3. Snack: Handful of almonds or a piece of dark chocolate
4. Dinner: Lean chicken stir-fry with mixed vegetables
5. Evening: Herbal tea and a mindfulness exercise

Behavioral Strategies

- Set small, achievable goals each day.
- Celebrate progress to reinforce dopamine release.
- Practice gratitude and mindfulness to enhance overall well-being.
- Engage in enjoyable physical activities regularly.

Potential Challenges and Considerations

Adapting to New Eating Habits

Transitioning to a dopamine-focused diet requires patience and commitment. Some may find it challenging to eliminate processed foods initially.

Individual Differences

Dopamine levels and responses vary among individuals; consulting with a healthcare professional before making significant dietary changes is advisable.

Balance and Moderation

While boosting dopamine is beneficial, over-reliance on certain foods like dark chocolate or nuts can lead to excess calorie intake. Moderation is key.

Conclusion: Is the Tom Kerridge Dopamine Diet Book Right for You?

The **tom kerridge dopamine diet book** offers a refreshing perspective on dieting by emphasizing mental health, motivation, and sustainable lifestyle changes. Its science-based approach makes it a valuable resource for individuals seeking to enhance their mood, improve their eating habits, and achieve lasting health benefits. By focusing on natural ways to boost dopamine through nutritious foods and positive behaviors, Kerridge's plan supports a balanced, enjoyable, and effective path to wellness.

If you're looking for a diet that not only helps you shed pounds but also boosts your mental resilience and motivation, exploring the principles outlined in this book could be a transformative step forward. Remember, the journey to better health is individual, and combining dietary changes with other healthy habits will provide the best results. Embrace the science, start small, and enjoy the positive changes that come with nourishing your body and mind holistically.

Frequently Asked Questions

What is the main focus of Tom Kerridge's Dopamine Diet Book?

Tom Kerridge's Dopamine Diet Book focuses on helping readers improve their mental and physical wellbeing by incorporating foods that boost dopamine levels, leading to increased motivation, happiness, and weight management.

How does Tom Kerridge's approach differ from traditional diets?

Kerridge's approach emphasizes enhancing dopamine production through specific dietary choices rather than solely restricting calories or carbs, aiming to improve mood and energy while promoting sustainable weight loss.

What types of foods does the Dopamine Diet Book recommend?

The book recommends foods rich in tyrosine and other nutrients that naturally boost dopamine, such as lean meats, eggs, nuts, seeds, and certain vegetables, while limiting processed foods and sugars.

Is Tom Kerridge's Dopamine Diet suitable for vegetarians?

While the primary focus is on dopamine-boosting foods like meats and eggs, the book provides vegetarian alternatives and recipes that include plant-based sources of tyrosine and other nutrients to support a vegetarian version of the diet.

Can following the Dopamine Diet help with mental health issues?

The diet aims to enhance dopamine levels, which may improve mood and motivation, potentially benefiting those with low mood or mild mental health concerns, but it should not replace professional medical advice.

Are there any scientific studies supporting the effectiveness of the Dopamine Diet?

While individual components like dopamine-boosting foods are supported by research, the overall effectiveness of the Dopamine Diet as a comprehensive program is still being explored, and readers should consult health professionals for personalized advice.

Where can I find Tom Kerridge's Dopamine Diet Book?

The book is available for purchase at major bookstores, online retailers such as Amazon, and may be available at local libraries or digital platforms for borrowing or e-reading.

Additional Resources

Tom Kerridge Dopamine Diet Book: A Comprehensive Review of Its Approach to Wellness and Weight Loss

The Tom Kerridge Dopamine Diet Book has garnered significant attention in the realm of health and wellness literature, especially among those seeking sustainable weight loss and mental well-being. Authored by the acclaimed chef and TV personality Tom Kerridge, this book offers a unique perspective by intertwining culinary expertise with psychological insights into how dopamine influences our eating habits. As a prominent figure renowned for his culinary mastery and personal health journey, Kerridge leverages his own experiences to motivate readers towards healthier lifestyles. This review delves into the core concepts, structure, strengths, limitations, and overall value of the Tom Kerridge Dopamine Diet Book, providing an in-depth analysis for prospective readers.

Overview of the Book and Its Core Philosophy

The Tom Kerridge Dopamine Diet Book is not just a cookbook; it is a holistic guide that blends science, psychology, and practical cooking strategies. At its heart, the book emphasizes understanding the role of dopamine—a neurotransmitter associated with pleasure and reward—in shaping our food choices and habits. Kerridge posits that by managing dopamine-driven cravings and rebalancing our reward system, individuals can better control their eating behaviors, reduce emotional or mindless eating, and achieve sustainable weight loss.

The core philosophy centers around the idea that many unhealthy eating patterns stem from seeking quick dopamine hits—such as sugary snacks or highly processed foods—that provide immediate gratification but ultimately lead to cravings and overeating. Kerridge advocates for a gradual shift towards more balanced, nutrient-dense foods that promote stable dopamine levels, thereby fostering healthier habits and improved mental well-being.

The Structure and Content of the Book

1. Introduction to Dopamine and Its Impact

Kerridge begins by explaining the science behind dopamine, how it influences motivation, pleasure, and addiction-like behaviors related to food. He breaks down complex neuroscience into accessible language, making it easy for readers to grasp why they might crave certain foods and how these cravings affect their bodies and minds.

2. The Psychological Aspects of Eating

The book explores emotional eating, habits, and the cycle of reward and deprivation. Kerridge shares insights into how understanding these psychological triggers can empower readers to make more conscious choices and break free from unhealthy cycles.

3. Practical Strategies and Lifestyle Changes

The core of the book provides actionable advice:

- How to identify dopamine-driven cravings
- Techniques to reprogram the reward system
- Incorporation of mindful eating practices
- Tips for creating a supportive environment

4. Recipes and Meal Plans

While the primary focus is on behavioral change, Kerridge includes a variety of recipes designed to support dopamine regulation:

- Nutrient-dense meals rich in healthy fats, proteins, and fiber
- Snacks that satisfy without spiking sugar levels
- Meal plans to help readers implement the concepts gradually

5. Success Stories and Personal Journey

Kerridge shares his own health transformation story, emphasizing authenticity and relatability. Additionally, testimonials from others who have adopted the diet reinforce its effectiveness.

Key Features and Highlights

- Science-backed approach: The book integrates neuroscience with practical diet advice, offering a comprehensive understanding of cravings.
- Focus on mental health: Recognizes the link between emotional well-being and eating habits, promoting a more holistic approach.
- Accessible language: Explains complex concepts in simple terms, making it suitable for readers without a scientific background.
- Practical tools: Includes worksheets, tips, and lifestyle modifications to facilitate behavioral change.
- Culinary expertise: As a renowned chef, Kerridge offers delicious, wholesome recipes that align with the diet principles.

Pros and Cons

Pros

- Incorporates scientific insights into everyday eating habits, making the approach credible and educational.
- Emphasizes sustainable lifestyle changes rather than quick fixes.
- Offers a balanced mix of psychology, science, and practical cooking.
- Encourages mindful eating, which can improve overall relationship with food.
- Suitable for a wide audience, including those new to diet concepts or experienced in health journeys.

Cons

- Some readers may find the scientific explanations dense or complex at first.
- Requires commitment to behavioral change, which can be challenging for some.
- Not a traditional calorie-counting or meal plan book; it demands self-awareness and discipline.
- May need additional resources or support for those with severe emotional eating issues or eating disorders.
- Recipes, while wholesome, may require ingredient adjustments based on individual preferences or dietary restrictions.

How Does the Book Compare to Other Diet Books?

Compared to conventional diet books that focus solely on calorie restriction or specific food groups, the Tom Kerridge Dopamine Diet Book stands out by addressing the root psychological causes of overeating. Its emphasis on understanding dopamine and emotional triggers offers a more sustainable and mentally supportive approach. While many diet books promise quick results, Kerridge's method encourages long-term lifestyle changes, which can lead to more lasting success.

In terms of culinary appeal, Kerridge's background as a chef adds a flavorful dimension—his recipes are not only healthy but also enjoyable, dispelling the misconception that dieting equates to tasteless food.

Who Would Benefit Most from This Book?

- Individuals struggling with emotional or mindless eating
- Those seeking a science-based approach to weight management
- Readers interested in understanding the psychological aspects of dieting
- People looking for sustainable, long-term lifestyle changes
- Fans of Tom Kerridge or culinary enthusiasts wanting healthy yet delicious recipes

Limitations and Considerations

While the book offers a comprehensive approach, it may not be suitable for everyone. People with diagnosed eating disorders or severe psychological issues should consult healthcare professionals before adopting new dietary philosophies. Additionally, those expecting a strict meal plan or quick-fix solutions may find the approach requiring more effort and self-awareness.

Final Thoughts and Verdict

The Tom Kerridge Dopamine Diet Book is a thoughtfully crafted guide that extends beyond typical dieting advice by integrating scientific understanding with practical strategies and culinary inspiration. Its focus on mental health, emotional regulation, and sustainable habits makes it a valuable resource for anyone committed to improving their relationship with food and achieving lasting health benefits.

While it demands effort and introspection, the rewards—both physical and psychological—can be profound. Kerridge's authentic voice, combined with his culinary expertise, makes this book not just informative but also engaging and motivating. For those willing to invest time in understanding their cravings and implementing behavioral changes, this book can serve as a transformative tool on their health journey.

In summary:

- Strengths: Science-backed, holistic approach; practical tools; engaging recipes; personal authenticity
- Challenges: Requires commitment; complex concepts for some; not a quick fix

If you're ready to explore a new perspective on dieting that emphasizes understanding and managing your brain's reward system, the Tom Kerridge Dopamine Diet Book offers a compelling and inspiring pathway toward healthier living.

Tom Kerridge Dopamine Diet Book

tom kerridge dopamine diet book: Tom Kerridge's Dopamine Diet Tom Kerridge, 2017-03-14
Over the past three years Tom Kerridge has positively transformed his life, shedding twelve stone and getting his weight firmly under control. Tom Kerridge's Dopamine Diet reveals the secret of his success - achieved by weaning himself off empty carbs and booze, and focusing on foods that are especially rich in flavour. Certain foods, such as leafy greens and good quality beef, have been scientifically proven to trigger the release of dopamine, the 'happy' chemical that creates a natural sense of wellbeing which is an essential ingredient in keeping the long-term dieter on the straight and narrow. As Tom himself says: Everybody else moans that diets are a struggle, but I quite enjoy mine. Every time you experience a pleasurable sensation, whether it is from gambling, drugs, alcohol, sex or food, dopamine is released (and there is evidence that low dopamine levels can decrease motivation and make us feel lethargic and apathetic). I know this may sound like I'm getting all scientific on you, but trust me on this, I'm just going to give you a load of recipes that are fairly low on carbohydrates and high in the amino acid tyrosine, which has the potential to increase the dopamine levels in the brain. Meaning that you will enjoy eating it. It is that easy.

tom kerridge dopamine diet book: Tom Kerridge's Dopamine Diet Tom Kerridge, 2017-01-12
Thanks to his Dopamine Diet, Michelin-starred chef Tom Kerridge has shed eleven stone over the past three years. That's the same as 70 bags of sugar. If you're struggling with your weight and need to shift unhealthy pounds, this new approach makes it easy, and is guaranteed to make you feel happier in the process. Most people find it hard to keep to a long-term diet, but this one is different. The recipes feature ingredients that trigger the release of the 'happy hormone' dopamine in your brain, so it's a diet that will make you feel good! Tom's 'dopamine heroes' include dairy products such as double cream and yoghurt, good-quality meats including beef, chicken and turkey, and even chocolate. By ditching alcohol and starchy carbs in favour of plenty of protein, fresh fruit and veg, you will be eating meals that will help you shed the weight, whilst offering a satisfying intensity of flavour. Treats in store for Dopamine Dieters include spinach, bacon and mint soup; roasted onion salad with fried halloumi; shepherd's pie with creamy cauliflower topping; soy glazed cod with chilli, garlic and ginger; braised beef with horseradish; Chinese pork hot pot; and chocolate mousse with sesame almond biscuits. These are recipes that don't feel like diet food, and can be shared with friends and family. It worked for Tom and it can work for you. Give it a go! And lose weight the Dopamine Diet way.

tom kerridge dopamine diet book: The Dopamine Diet Tom Kerridge, 2020-12-24

tom kerridge dopamine diet book: The Dopamine Diet Tom Kerridge, 2020 How to do a low-carb diet with maximum flavour. Most people find it hard to keep to a long-term diet, but this one is different. The recipes feature ingredients that trigger the release of the 'happy hormone' dopamine in your brain, so it's a diet that will make you feel good. Thanks to this approach, Tom Kerridge lost 11 stone in 3 years. His 'hero ingredients' for happiness include yoghurt, meat and even chocolate. By ditching alcohol and starchy carbs in favour of plenty of protein, fresh fruit and veg, you will be eating meals that will help you shed the weight, but also taste amazing. Great meals for Dopamine Dieters include spinach, bacon and mint soup; roasted onion salad with fried halloumi; shepherd's pie with creamy cauliflower topping; soy glazed cod with chilli, garlic and ginger; braised beef with horseradish; Chinese pork hot pot; and chocolate mousse with sesame almond biscuits. Recipes that don't feel like diet food, and you can share with friends and family.

tom kerridge dopamine diet book: Smart Foods for ADHD and Brain Health Rachel Gow, 2021-02-18 Changing one's diet not only improves physical health, but benefits mood, behaviour and cognitive function at a fundamental level. This book highlights the link between nutrition and mental health and demonstrates the crucial role of diet in supporting individuals with ADHD. Written by an internationally-recognised leader in the growing field of nutritional psychiatry, Dr Rachel Gow takes a nutrition-based look at ADHD and its management. Combining the latest research with the inspirational stories of a range of professionals and individuals whose lives have been touched by the issues raised, this book also includes accessible tips throughout and a chapter of recipes to promote brain health. This is an essential guide to understanding the interplay of brain health and nutrition, and supporting families to build a diet that optimises brain function and health.

tom kerridge dopamine diet book: Physical Intelligence Claire Dale, Patricia Peyton, 2019-01-10 Winner of the Business Book Award (Personal Development) 2020 Using our Physical Intelligence we can strengthen our cognitive function and alter our mood, emotional responses, stress, confidence and happiness levels at will. HR magazine This could be the next big thing. Talking Business with Aaron Heslehurst, BBC World News This clever new neuroscience-backed wellness trend will help you take charge of your body, brain, schedule and life. GLAMOUR MAGAZINE 'Physical intelligence' is the latest buzzword in wellbeing.' WOMAN & HOME The highly successful four-part strategy for raising your performance at work and home so that you can thrive in a busy, challenging world, from the experts who have worked with Fortune 100 and Fortune 500 companies across the globe. Do you wish you could be more focused and productive? Would you like to ensure your most confident performance when the stakes are high and your stress levels are even higher? The way your body reacts in any given situation determines your ability to think clearly and your capacity for managing your emotions. When you understand the way your body reacts and how to manage it, your physical intelligence, you can handle that stressful family situation, the make-or-break meeting and the important business presentation. Claire Dale and Patricia Peyton have spent the past thirty years helping business people achieve outstanding success and a deeper sense of fulfilment by applying techniques used by top performers in sport and the arts. This practical guide contains the effective techniques you need to develop your strength, flexibility, resilience and endurance, leaving you feeling confident and fully equipped to deal with whatever comes your way. Each step-by-step strategy can be easily integrated into a busy day and is combined with useful tips and inspiring stories of people who have turned their lives around through physical intelligence. This book is an essential counterblast to a better, more integrated way of working and living. Edward Kemp, Director, Royal Academy of Dramatic Art (RADA) Scientific research paired with practical experience and easy life hacks makes Physical Intelligence an inspiring read that will literally change the way you walk through life. Dr Stefanie Teichmann, Director, Google EMEA This book is totally brilliant. Wayne McGregor CBE, resident choreographer, Royal Ballet

tom kerridge dopamine diet book: Eat Up! Ruby Tandoh, 2022-07-12 In this bestselling tour de force of a culinary manifesto, Great British Bake Off alum and former Guardian columnist Ruby Tandoh will help you fall back in love with food—from a great selection of recipes to straight-talking, sympathetic advice on mental health and body image “I read it greedily.” —Nigella Lawson Ruby

Tandoh implores us to enjoy and appreciate food in all of its many forms. Food is, after all, what nourishes our bodies, helps us commemorate important milestones, cheers us up when we're down, expands our minds, and connects us with the people we love. But too often, it's a source of anxiety and unhappiness. With *Eat Up!*, Tandoh celebrates one of life's greatest pleasures, drawing inspiration from sources as diverse as Julia Child to *The Very Hungry Caterpillar*, flavor memories to jellied eels. She takes on the wellness industry and fad diets, and rejects the snobbery surrounding "good" and "bad" food, in wide-ranging essays that will reshape the way you think about eating.

tom kerridge dopamine diet book: Unlocked Pete Etchells, 2024-03-21 'A welcome counterpoint to the technopanic that screen time is causing a mental health crisis' Bruce Hood 'A rare mix of trustworthy science, practical advice, and human stories ... I'm going to recommend it to all the parents I know, and keep it handy for reference next time I see a scary headline about how technology is ruining our lives' Timandra Harkness 'Punctures some of the most pernicious myths about our smartphone and screen-dominated lives, while offering good advice about how to improve the time we spend with screens ... a must-read' New Scientist Most of us spend a significant part of the day in front of a screen. Our work and social lives play out through our computers, tablets and phones: on email, social media, video conference calls and gaming servers. But what is all this screen time doing to our health, our sleep, and our relationships? Professor Pete Etchells studies the way we use screens, and how they can affect us. In *UNLOCKED*, he delves into the real science behind the panic about our alleged device addiction and withering attention spans. Armed with the latest research, he reveals how little we have to fear, and the great deal we have to gain, by establishing a more positive relationship with our screens. That begins with asking ourselves some essential questions about how we use them. Instead of clamouring for us to ditch our devices (before guiltily returning to the same old habits), *UNLOCKED* is a sustainable, realistic and vital guide to transforming our connection with technology.

tom kerridge dopamine diet book: Nurturing Personal, Social and Emotional Development in Early Childhood Debbie Garvey, 2017-09-21 An understanding of brain development can help early years practitioners to better nurture personal, social and emotional development in children. This book explains recent research and theory in easy-to-understand terms and explores how this knowledge can be used to support the needs of young children.

tom kerridge dopamine diet book: Real Life Recipes Tom Kerridge, 2022-09-01 *THE SUNDAY TIMES* BESTSELLER and The Daily Mail Best Cookbook of the Year 2022 Michelin-starred chef Tom Kerridge shows you how to make everyday taste special with 100 fuss-free recipes using simple, economical ingredients. _____ 'I hope this book will mean there's one less thing on your list to stress about' Tom Kerridge With quick ways to add maximum flavour, Tom shares how to make the most of your supermarket staples for any cooking style, occasion, and mood. There are: Low shop recipes that use up things you've got left Quick meals that go from cupboard to table in 30 minutes One pot dishes that do all the work for you Make ahead meals that take the stress out of cooking And amazing, easy dishes like - Cheddar and chutney sausage rolls - Crispy-skin mustard chicken - Smoky beef and bean pie - Creamy mushroom and sage lasagne - Self-saucing cherry and chocolate pudding Sometimes you don't want to faff about with harissa and hand-ground spice blends. When you just want great recipes from a professional chef who can dish up the best flavours you never imagined from 'normal' ingredients, this is the book for you. 'I've always admired the down to earth charm of Tom Kerridge and the way he suffuses his kitchen know-how into tips to use at home. In his latest book, you'll find ideas to take you from Monday lunch to Sunday suppers with creativity and ingenuity' Good Housekeeping _____ Tom Kerridge's new book, *Pub Kitchen*, is out in September.

tom kerridge dopamine diet book: Lose Weight & Get Fit Tom Kerridge, 2020-01-14 Peri-peri chicken, cottage pie, fudgy chocolate brownies - this is diet food with a difference. Following on from the No.1 bestseller *Lose Weight for Good*, top chef Tom Kerridge shows you how to shed the pounds and kick-start a more active lifestyle with ALL of the maximum-taste, lower-calorie recipes from his upcoming BBC2 TV series. Expect MASSIVE FLAVOURS and NUTRITIONAL POWER-PUNCHES! Having lost more than 12 stone in the last five years, Tom knows from

experience how important it is to motivate yourself to start dieting and exercising – and to stay on track. 'When I first set out to lose weight, I concentrated mainly on what I was eating,' he says. 'But now I know that it's to do with fitness as well: the two working together is the winning formula for getting maximum results and maintaining those results long term. And the number one rule when it comes to eating well on a diet is to keep food interesting! Every recipe in this book not only sustains you through the day, but provides fantastic tastes and textures with each mouthful.' With light bites and veggie feasts, meal-prep to see you through the week and tasty sweet treats, Tom has got it covered. The focus is on BOLD FLAVOURS and BIG PORTION SIZES, so you'll never go hungry and you'll always feel satisfied. Recipes include Quick black dhal; Steak tacos with burnt corn salsa; Charred mackerel and potato salad; Lamb bhuna; blueberry meringue sundaes and many more. At the back of the book, you'll find a fantastic bonus chapter with a workout that will help you get started with a healthier lifestyle, no matter where you're at now. It's all about taking control of your life in a positive way, so get ready to EAT better, DO more and LOSE WEIGHT with Tom Kerridge!

tom kerridge dopamine diet book: Tom Kerridge's Fresh Start Tom Kerridge, 2018-12-26 Top chef Tom Kerridge shows you how to take control of what you eat, with more than 100 super-tasty, cook-from-scratch recipes to give your family a fresh start. 'Sustaining, nourishing, family-style recipes' Delicious 'Tom is the perfect person to kick us into a fresh start' GQ 'Mouth-watering, achievable recipes' Prima _____ 'I've learned from experience how important it is to take control over what you eat, for the sake of your health and happiness. Now I want to show you that cooking amazing meals really isn't as difficult as you might think.' Tom Kerridge's Fresh Start is not a diet book, but it is about taking control. If you cook from scratch, you know exactly what is going into your food and can take responsibility for everything that you and your family eat. And with Tom's guidance, you know it will taste amazing too. With more than 100 delicious recipes that include: · Tom's BLT · Peanut chicken stir-fry noodles · Butternut squash and chickpea curry · Greek-style roast lamb · Coconut and raspberry loaf cake · Banana choc ices What's for dinner tonight? Recycle that takeaway menu, step away from the microwave and make the most of the amazing British produce with some real home-cooked food! 'Tom has written a book that advises without lecturing, uses tips and tricks we can all manage, and helps put us back in touch with real cooking' Sunday Times 'Cooking from scratch has never been easier - or more tasty' Bella _____ Tom Kerridge's new book, Pub Kitchen, is out in September.

tom kerridge dopamine diet book: Lose Weight for Good Tom Kerridge, 2017-12-28 Easy pizza. Fish-in-a-bag. Cajun spiced eggs. French apple tarts. If you think this doesn't sound like diet food, then think again. Featuring ALL the recipes from his BBC2 TV series, Tom Kerridge shows how you can enjoy all your FAVOURITE FOODS and still LOSE WEIGHT with his LOWER-CALORIE DIET WITH A DIFFERENCE. Michelin-starred chef Tom Kerridge has been developing top recipes for nearly three decades and knows how to make things taste good. He also understands how much willpower it takes to shift unhealthy excess weight, because he has lost over 11 stone in the last four years by following a low-carb diet. Now Tom is turning his attention to helping food-lovers who have chosen a lower-calorie diet as their own route to weight-loss. This is a lower-calorie diet with a difference – it's based on hunger-satisfying portions of delicious, lower-calorie dishes that taste amazing. The focus is on the food that we can and should be eating to lose weight, which is easy to make and won't make you feel as though you are missing out. Recipes include Southern-style chicken; One-layer lasagne; Chicken tikka masala; Lamb doner kebab; Beef stroganoff; Sweet potato and black bean burritos; Sticky pork chops; and Baked doughnuts with sweet five-spice dust. As Tom says: 'It's impossible to stick to a diet if the food you're expected to eat is boring and doesn't fill you up. So I've developed lots of tasty and satisfying recipes that people will love to cook and eat, but that will also help them lose weight. I truly believe that this attitude works. I've been there myself and now I want to help others get there too.' By adopting a new, healthy approach to eating you really CAN lose weight for good.

tom kerridge dopamine diet book: Tom's Table Tom Kerridge, 2015-12-03 The nation's favourite Michelin-starred chef shares his tips for transforming simple everyday recipes into

sensational meals. 'Mouthwatering' Daily Mail 'You'll fall in love. With Tom and his food' Waitrose Weekend 'The reverse of intimidating' Daily Telegraph _____ 'I've included some of my favourite ways to whack in lots of flavour – I never miss a chance to give a dish extra depth and interest. These dishes about pleasure and generosity.... the key is to have fun too, in the kitchen and at the table.' Tom Kerridge is known for beautifully crafted food and big, bold flavours. Tom's Table features 100 delicious everyday recipes so that anyone can achieve his Michelin-starred cooking at home. This is the sort of food you'll cook again and again, whether you bring his hearty and delicious recipes to quick mid-week meals or weekend dinners. Recipes include . . . · Cheddar and ale soup · Sunflower seed crusted sea trout · Weekend roast chicken · Lamb ribs with roasted onions · Green chilli con carne · Homemade ketchups · Popcorn bars · Boozy date and banana milkshake · White chocolate and pistachio blondies · Pecan tart Full of inspiring and achievable everyday dishes that will become your favourites too. 'These timeless recipes satisfy dinner guests of all culinary persuasions. With this collection of recipes in your arsenal you'll definitely be on your way to being a better chef' Great British Food Magazine 'We can all get our teeth into these delicious recipes' Living North _____ Tom Kerridge's new book, Pub Kitchen, is out in September.

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the way you cook. 'Comforting, delicious looking dishes that you can't wait to tuck into' Paul Ainsworth 'Full of new ideas, but the dishes are achievable for the home cook - and with Tom's upbeat encouragement, you can't fail' Sainsbury's Magazine _____ Tom Kerridge's new book, *Pub Kitchen*, is out in September.

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tom kerridge dopamine diet book: *Pub Kitchen* Tom Kerridge, 2023-09-14 THE SUNDAY TIMES BESTSELLER A feast of recipes that bring elevated pub food into the home kitchen . . . Tom Kerridge has gone back to his heartland with over 100 recipes that celebrate modern British cooking 'TOM IS THE KING OF FLAVOUR-PACKED, NO-NONSENSE FOOD' ANDI OLIVER 'One of our most celebrated chefs' Sunday Times 'Warm-hearted, honest and joyful' Prue Leith 'Next-level pub food' Paul Ainsworth _____ Welcome to my PUB KITCHEN 'British pub food has come so far over the past decade and it's been really exciting to see. In celebration, I've taken the most popular items on the menus in brilliant modern British pubs and given them a few fresh twists. This is food for everyone - it's the food I'm excited about, it's the food I like to cook at home, and I hope you enjoy it too.' Tom Kerridge has spent a lifetime perfecting next-level pub cooking. In *Pub Kitchen* he distils that knowhow into 100 super-tasty recipes for home cooks. Taking inspiration from modern gastropubs, Tom's recipes are simple, contemporary and delicious. With pub-inspired chapters including . . . Snacks · Lighter Dishes · Fish, Meat and Veg Mains · Pies & Roasts · Puddings Recipes include gastropub favourites like Creamy Prawn Tagliatelle and Steak and Ale Pies, twists on classics like Tempura Cod and Njuda Sausage Rolls, and of course loads of indulgent desserts like legendary Sticky Date and Banana Pudding and Apple Crumble. A stunning bible of brilliant pub recipes by Britain's best-loved Michelin-starred chef. _____ 'This book has everything I've always loved about Tom's cooking: clever, flavour-driven recipes, bursting with Tom's love of pub food' Angela Hartnett 'A beautiful book that is packed with exciting and innovative takes on traditional pub classics' Jessie Ware 'Generosity and flavour are at the heart of all Tom's cooking, and you'll find them in spades in this gorgeous book' Hugh Fearnley-Whittingstall

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