

Get Free The Food Medic Recipes  
Fitness For A Healthier Happier

**The Food**  
**Medic**  
**Recipes**  
**Fitness For**  
**A Healthier**  
**Happier**

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## Healthy Vegetarian Chili

### Recipe | The Food Medic

481.7k Followers, 3,247

Following, 5,970 Posts -

See Instagram photos and

videos from Dr Hazel

Wallace BSc MSc

MBBCh (@thefoodmedic)

**The Food Medic:**

**Recipes & Fitness for a**

**Healthier, Happier ...**

The Food Medic: Recipes

& Fitness for a Healthier,

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Happier You Dr. Hazel  
Wallace. 4.7 out of 5 stars  
187. Hardcover. \$28.99.  
The Healthy Medic Food  
for Life Meals in 15  
minutes: Easy 15 minute  
recipe book to help you  
live well every day with  
low-calorie meals in 15  
minutes or less Iota.

**The Food Medic by Dr.  
Hazel Wallace |  
Waterstones**

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THERE is a new kid on the healthy-eating block. Dr Hazel Wallace, or The Food Medic, is taking the diet world by storm. On the surface, she looks like any other fitness guru flaunting her toned bod...

**The Food Medic:  
Recipes & Fitness for a  
Healthier, Happier ...**

Buy The Food Medic by  
Dr. Hazel Wallace from

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Waterstones today! ... The Food Medic: Recipes & Fitness for a Healthier, ... personal trainer and Instagram hit Dr Hazel Wallace's first book brings you over 70 nutritional recipes to look and feel amazing whilst debunking the diet myths.

**The Food Medic for Life:  
Easy recipes to help you  
live ...**

## Get Free The Food Medic Recipes

Dr Hazel Wallace is the girl behind The Food Medic, a blog she set up in 2013 as a platform to show people that eating healthy and staying fit can be enjoyable, uncomplicated and easy to incorporate into an everyday busy lifestyle. Hazel is a UK based health and fitness blogger, social media influencer, qualified personal trainer



and Junior Doctor.

**The Food Medic for Life:  
Easy recipes to help you  
live ...**

Method. 1. Heat the oil in a large saucepan over medium heat. Fry the garlic and onion for 3-4 minutes until soft. 2. Add the rest of the ingredients and bring to the boil over a medium heat.

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**The Food Medic recipes |  
Sainsbury's Magazine**

The Food Medic: Recipes  
& Fitness For A Healthier,  
Happier You by Dr Hazel  
Wallace Hardcover  
£14.99. In stock. Sent  
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The Doctor's Kitchen:  
Supercharge your health  
with 100 delicious  
everyday recipes by Dr  
Rupy Aujla Paperback  
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## **The Food Medic: What I Eat In A Week**

Through The Food Medic social media platforms, podcasts, books, and website you will find; informative articles which are grounded in science, easy-to-follow recipes, and actionable tips and guides, to help you make informed healthy lifestyle choices. See our Press



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page for more information  
on our press and  
collaborations.

**The Food Medic :  
Recipes & Fitness for a  
Healthier ...**

I Need Medic is an  
informational website  
about everything related to  
Health, medicine, guides,  
how-to, recipes, fitness,  
technology, sciences,  
diseases, news,

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information, sickness, drugs, Iphone, android and more topics. We focus on simplicity and elegant design to show you the most relevant content on the internet.

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Easy recipes to help you  
live ...**

The Food Medic: Recipes  
& Fitness For A Healthier,  
Happier You. December 2,

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2019 - Comment. Product

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STOUGHTON

Recommended The

Fitness Mindset: Eat for

Energy, Train for Tension,

Manage Your Mindset,

Reap the Results (Read

Reviews) £13.79 Fitness

& Exercise Motivation:

Fitness Success Tips for

Mindset Development and

...

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## **The Food Medic: Recipes & Fitness for a Healthier, Happier ...**

The Food Medic shares an exclusive seven-day food diary of breakfast, lunch, dinner and chocolate with [womenshealthmag.co.uk](http://womenshealthmag.co.uk).

## **The Food Medic Recipes Fitness**

Welcome to The Food Medic. The Food Medic is

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an educational platform and media group founded by Dr. Hazel Wallace. Our aim is to bridge the gap between traditional medical advice and the latest thoughts and developments in nutrition and other areas of lifestyle.

**Dr Hazel Wallace BSc  
MSc MBBCh  
(@thefoodmedic) •**



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## Instagram ...

The Food Medic: Recipes & Fitness for a Healthier, Happier You by. Hazel Wallace. 4.26 · Rating details · 235 ratings · 8 reviews Junior Doctor, personal trainer and Instagram hit Dr Hazel Wallace's first book brings you over 70 nutritional recipes to look and feel amazing whilst debunking the diet myths.

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**Meet The Food Medic...  
junior doctor by day and  
Instagram ...**

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& Fitness for a Healthier,  
Happier You. Hazel  
Wallace. Right. Hazel  
Wallace Dr Hazel Wallace  
is the girl behind The  
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be enjoyable,  
uncomplicated and easy to  
incorporate into an  
everyday busy lifestyle.

## **The Food Medic: Recipes & Fitness for a Healthier, Happier ...**

Dr Hazel Wallace aka The  
Food Medic Dr Hazel  
Wallace works as a junior  
doctor in London and is a  
qualified personal trainer.  
She has turned her

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personal interest in healthy eating into two recipe and fitness books, The Food Medic and The Food Medic for life.

## **Food Archives - I Need Medic**

The Food Medic: Recipes + Fitness For A Healthier, Happier You by Wallace, Hazel Over 70 gorgeously balanced recipes, from breakfasts on the go to

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post-work dinners you can whip up in minutes, and a bespoke workout plan to support your wellbeing from head to toe.

## **The Food Medic: Recipes & Fitness For A Healthier, Happier ...**

I've followed the food medic since the beginning and Hazel is a fantastic example for men and women both young and

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old. It's refreshing to see health and nutritional content given by an expert with a balanced view on life and the book covers everyone from beginners to health and fitness looking for guidance, to regular gym goers looking to develop their knowledge and technique.

**About us | The Food Medic**

## Get Free The Food Medic Recipes

Dr Hazel Wallace is the girl behind The Food Medic, a blog she set up in 2013 as a platform to show people that eating healthy and staying fit can be enjoyable, uncomplicated and easy to incorporate into an everyday busy lifestyle. Hazel is a UK-based health and fitness blogger, social media influencer, qualified personal trainer

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and doctor.

## **The Food Medic**

The Food Medic for Life:  
Easy recipes to help you  
live well every day & The  
Food Medic: Recipes &  
Fitness For A Healthier,  
Happier You By Dr Hazel  
Wallace 2 Books  
Collection Set Dr Hazel  
Wallace. 4.6 out of 5 stars  
3. Hardcover. 2 offers  
from £19.99.



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**The Food Medic -  
Wallace, Hazel -  
9781473650534 | HPB**

The Food Medic: Recipes  
& Fitness for a Healthier,  
Happier You. 70  
nutritional recipes to help  
you look and feel  
amazing. £13.99. The girl  
guide. 50 lessons in  
learning to love your  
changing body by Marawa  
the Amazing (world

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famous hula hoop artist)

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Swim.