



The Art of Eating Well: Hemsley and Hemsley

By Jasmine Hemsley, Melissa Hemsley

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Celebrated food consultants and food activist siblings, Jasmine and Melissa Hemsley are starting a food revolution in their native U.K. Their food philosophy—which has already received acclaim in such publications as *British Vogue*, *The Sunday Telegraph*, *Glamour*, *The Sunday Times*, and *Stylist*—is simple: changing the way you eat doesn't have to involve deprivation, but can be enjoyed every day, at home, at work, with family and friends, or eating out. *The Art of Eating Well* is chock full of the Hemsleys' recipes, knowledge, and advice on making the switch to a delicious, healthy, and satisfying diet. *The Art of Eating Well* is a cookbook with exciting and inventive recipes that are so delicious you forget that the premise is health and nourishment. These recipes will not only reboot your approach to food in the most enjoyable ways, with whole, organic, nutrient-filled, delicious homemade foods, free of grain, gluten, high-starch and refined sugar, but will help you realize how satisfied and great you can look and feel. They will empower you to take control of the way you eat.

The 150 recipes in *The Art of Eating Well* are easy enough for midweek meals, yet possess enough flair to share with friends; you'll learn why eating the right fat feels good for your body, why a plate of meat and two veggies fills you up better than any low-fat pasta dish, and how you can put an end to your sugar crashes and cravings. *The Art of Eating Well* is a unique approach to a healthy cookbook; there are no calorie counters. This book is about eating simple, homemade, family-style food that will reawaken your taste buds and tune you on to the taste of real food, so you can take control over what goes into your body and look and feel better as a result! The book is divided into Kitchen and Pantry Basics; Cooking in Advance; Breakfast; Soups made from nourishing bone broth (quality animal foods are at the heart of what they do); Salads; Sides and Snacks; Main Meals, including Meat, Poultry, Fish; Vegetable Mains; Baking and Desserts; Dips, Dressings and Sauces; Super Powered Juices and Smoothies; Basics. There are also tips on Cooking with Children; Getting a head start on the week with the `Sunday Cook Off'; Frugal Feasts and easy One-Pot Dishes.

Self-taught cooks, the British Hemsley sisters have created, through personal experience, research, and much trial and error, an ethos and style of eating that is disarmingly simple. "Diets" are often not sustainable, and *The Art of Eating Well* takes readers on a journey, gently educating and framing a perspective from

which the reader can reclaim the word "diet" as a noun (as in the kind of foods a person habitually eats) rather than a verb (to restrict oneself to small amounts or special kinds of food in order to lose weight). Jasmine and Melissa show you how and why cooking and eating organic, nutrient-dense, grain- and refined sugar-free, whole and unprocessed foods will nourish both body and mind. They promote an all-encompassing, nurturing alternative to fad diets and processed meals, focusing instead on taste, quality foods and ingredients, traditional wisdom, and modern science.

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Editorial Review

Review

"It's hard not to instantly fall in love with sisters Melissa and Jasmine Hemsley. They're absolutely stunning, hilarious, and they cook food that tastes as good as it makes your body feel."

-Elle.com

"The Hemsley sister's main goal is to bring meals back to basics, focusing on meat and two vegetables, without any hatred for natural fats. Not surprisingly, their food is good (I've made it and tasted it), and makes you feel spectacular, from the inside out."

-Yahoo! Beauty

"Jasmine and Melissa Hemsley of **Hemsley + Hemsley** may be the UK's most delicious food writers and nutritionists – constantly thinking up healthy recipes that encourage their readers to live more healthy, energized lives."

-The New Potato

"Given the sisters' fan base among the chic set, the book's release during the final days of fashion month — just when all the parties and decadent meals really start to take their toll — promises a sort of healthful salvation."

-T Magazine

"In Jasmine and Melissa Hemsley's new book, *The Art of Eating Well: Hemsley and Hemsley*, the It-Brits and sisters behind the food blog Hemsley + Hemsley, dish out their favorite recipes, all made from whole foods and unprocessed ingredients."

-Martha Stewart

"*The Art Of Eating Well* by Jasmine and Melissa Hemsley, two ultra-chic food-obsessed sisters from London, is anything but a diet cookbook."

-Epicurious

"But their book is less a wily approach to monasticism and self-denial—which is everything I am allergic to—and more a celebration of the yummy things one can eat."

-Vogue

"Their message is simple: you should eat good food that makes you feel good. The receipes that they've developed in their book are just that, from a black bean brownie (seriously, it's insanely good) to pastas made from vegetables, they present a fresh take on treating your body well."

-Garance Dore

"Everything that the Hemsley girls do really works for me. I'm obsessed with them!"

-Yasmin Sewell in *Into the Gloss*

As Seen In:

Food and Wine

Elle Canada

goop

The Washington Post

Lucky

Nasty Gal's blog

Urban Outfitter's blog

The Coveteur

About the Author

Jasmine and Melissa Hemsley are the founders of **Hemsley + Hemsley**, a London-based, family-run food consultancy service for people who want to live healthier and more energized lives. They look after high-profile clients, from A-list celebrities to integral members of the fashion, beauty, and health and wellness industries. Jasmine has worked as a model for 16 years, a profession that made her very aware of her diet and health. Melissa travelled the world as a fashion brand manager and then worked in restaurants and bars so she knows very well how difficult it can be to feed yourself well with long hours and late nights.

Users Review

From reader reviews:

Catherine Scott:

The knowledge that you get from The Art of Eating Well: Hemsley and Hemsley is a more deep you digging the information that hide inside words the more you get considering reading it. It doesn't mean that this book is hard to be aware of but The Art of Eating Well: Hemsley and Hemsley giving you excitement feeling of reading. The writer conveys their point in selected way that can be understood through anyone who read that because the author of this e-book is well-known enough. This particular book also makes your vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are available. We suggest you for having that The Art of Eating Well: Hemsley and Hemsley instantly.

Dustin Singh:

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Chad West:

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