

DR RUPY AUJLA COOKS

HEALTHY * EASY * FLAVOUR

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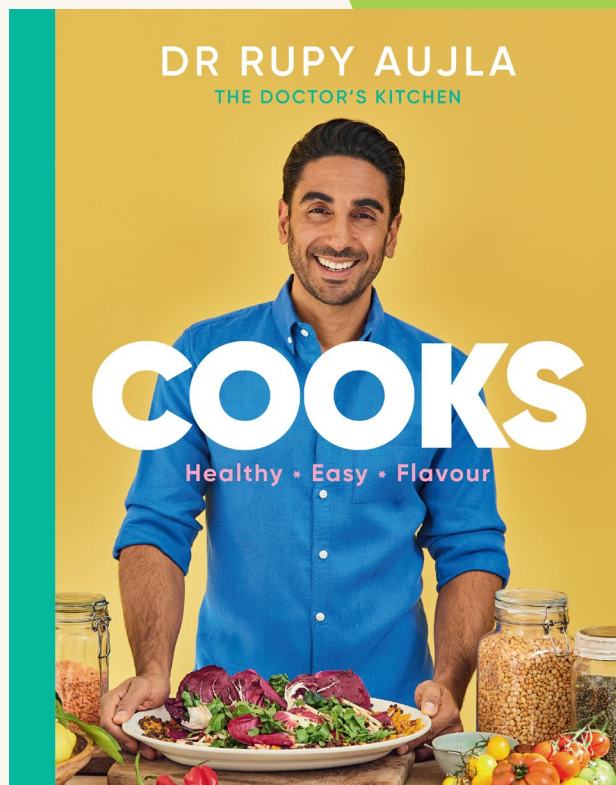
Dr Rupy's simple and full-flavoured recipes will transform your health and revolutionise your everyday cooking

COOKS by Dr Rupy - the trusted NHS GP and food expert behind the bestselling *Doctor's Kitchen* - is a collection of over 100 indulgent, delicious, and easy recipes that put flavour and nutrition first, all illustrated with stunning photography. Dr Rupy's mission is to help everybody leverage the incredible power of food and lifestyle medicine to support their wellbeing and prevent ill health. Every recipe has been researched and developed to give maximal health benefits whilst being super simple and flavourful.

COOKS demonstrates that healthy eating every day can be a celebration of ingredients from different cultures, which create dishes that are big on flavour and low on effort.

Dr Rupy has a unique vantage point on food, lifestyle and medicine which draws on his Indian heritage, personal health journey, academic studies, and clinical practice. His pioneering approach blends the joy of cooking with the science of food as medicine. His vibrant recipes counter fads and quick-fix diets and instead they promote a positive way of eating well for life. Dr Rupy believes that the crux of a healthy lifestyle is *consistently* eating well every day and this cookbook, with its easy full-flavoured recipes, inspires you to do just that.

COOKS includes recipes for satisfying brunches, soups & broths, and delicious dinners from curries, traybakes and casseroles to healthy feasts and desserts. There are plenty of vegetarian and vegan dishes as well as gluten and nut-free options. Recipes you will want to cook on repeat include *Lebanese-style Chicken Tacos*, *Miso Mushroom Donburi*, *Aubergine, Pea and Tamarind Curry* and *Spicy Halloumi Bake*. The recipes have been tested in over **1000** different homes kitchens from across the world by his global community assessing simplicity, flavour, timing, and accuracy. This is a book that is already proven to work! Expect super simple dishes including traybakes, prep ahead meals, one pots, casseroles and less than 30-minute meals.



Author Bio

Dr Rupy is a London-based doctor, specialising in General Practice and Emergency Medicine. He is on a mission to reverse the tidal wave of preventable lifestyle disease one plate of delicious food at a time. He is completing a Masters in Nutritional Medicine and is the Founder of Europe's first Culinary Medicine programme for medical schools and doctors.

He is a Sunday Times bestselling author (**COOKS** is his fourth book and follows his bestsellers, *Doctor's Kitchen 3-2-1* (2020), *Eat to Beat Illness* (2019) and *The Doctors Kitchen* (2017)), BBC Presenter and regularly appears on national television. His mission to make healthy food delicious and achievable has gained the attention and respect of well-known stars including Jamie Oliver and Joe Wicks, as well as his medical colleagues. He has a number one rated podcast, *The Doctor's Kitchen*, with over 12 million downloads to date, over 295,000 Instagram followers and a million YouTube views. In January 2022 he successfully launched *The Doctor's Kitchen App*, a personalised nutrition and healthy eating app.

His aim is to help people live healthier, happier lives using evidence-based food and lifestyle medicine. He uses the teachings of both ancient and modern medicine, underpinned by his own clinical experience to create recipes to optimise health, performance, and wellbeing. All developed in line with the latest scientific advice for lifestyle and nutrition. Dr Rupy's approach is fresh and motivational and, aside from his own personal experiences with ill health, he brings with him a pragmatic clinical perspective that appreciates (is cognisant of) the many barriers to healthy eating which include cost, the lack of culinary knowledge and time.

"I want food to be flavourful, every single day. It's that intersection of flavour and functional benefits that I want to infuse into any recipe I create. When I speak to patients, I work hard to get them excited about food, and I apply that to the recipes you find in this book; I want that marriage of flavour and functionality. If food doesn't taste good and it's not easy to prepare, no matter how strong your willpower, you won't keep eating it. And the aim of the game is to get people eating well every day, for life."

Dr Rupy is an International Health and Wellness speaker and regularly delivers lectures and talks at many international events including TEDx, The Royal Society of Medicine, The Royal Society of Culinary Arts, BBC Good Food etc.

Dr Rupy grew up in East London with a mum who was very experimental in the kitchen so good food has always been part of his life. He was inspired to become a doctor at 11 years old when his mother started suffering from Anaphylaxis attacks (the worst form of allergy). After becoming a doctor and himself being diagnosed with an atrial fibrillation in 2009, he turned his health around in 12 months by improving his diet and lifestyle, reversing his condition and avoiding an ablation (interventional cardiac procedure). Recently married he lives in London with his wife Rochelle and cavapoo dog Nutmeg. He reads extensively about entrepreneurship, tech products and start up and has started a new podcast with tech entrepreneur Jay Radia called "The Happy Millionaire", which takes an irreverent look at business and entrepreneurship today and discusses the concepts of infusing business with purpose and profit. Dr Rupy is a keen runner, practises calisthenics, bouldering (climbing), weightlifting, yoga, but cooking, discovering new food and eating diverse meals from across the globe is his life's passion.

Find Dr Rupy on Instagram and Twitter @doctors_kitchen, on Facebook and YouTube at The Doctor's Kitchen and at his website thedoctorskitchen.com

For interviews, recipe extracts or review copies please contact Sarah Bennie PR on behalf of Ebury: sarah@sarahbennie.com