

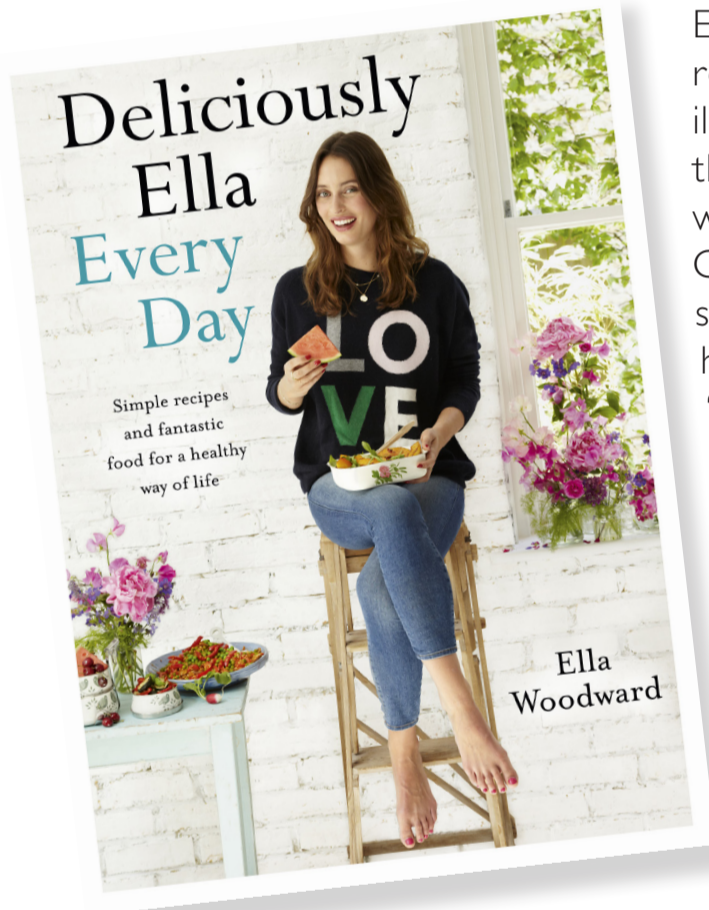
THE MAINSTREET TRADING COMPANY

BOOKS, CAFÉ, DELI & HOME



Her first book, *Deliciously Ella*, took the food world by storm in early 2015, becoming the fastest-selling debut cookbook since records began – the new queen of healthy eating, **Ella Woodward**, will be with us on **Wed 27th Jan** to talk about her new book, *Deliciously Ella Every Day*.

ELLA WOODWARD



Ella discovered her passion for plant-based recipes after being diagnosed with a rare illness that meant she couldn't walk down the street, slept for 16 hours a day and was in chronic pain most of the time. Conventional medicine failed to help her, so she decided to completely overhaul her diet and overnight the self-confessed 'sugar-monster' gave up meat, gluten, dairy, sugar and all processed food. The results were incredible.

Her new book, *Deliciously Ella Every Day* is designed to fit in with your existing lifestyle, and help you feel your best, both inside and out. From quick weekday dinners and slow-cook comfort food to amazing colourful salads, great for eating on the go.

"The 23-year-old who is converting the world to healthy eating... Ella is no Gwyneth Paltrow, proclaiming that we must drink dandelion juice because it today's detox fashion. She is just a normal girl who stumbled on a way to help herself recover from serious illness and wants to share her secrets" DAILY TELEGRAPH

EVENT	Ella Woodward talking about her new book, <i>Deliciously Ella Every Day</i>
DATE	Wed 27th Jan 2016, 7.30pm (doors open 7pm)
TICKETS	£10 (includes a glass of wine)
VENUE	The Mainstreet Trading Company, St Boswells, Scottish Borders TD6 0AT
TO BOOK	https://www.ticketsource.co.uk/themaintreettradingcompany or book in-store <i>Please book tickets in advance to avoid disappointment.</i>