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Illustrated throughout with stunning colour photographs this fully-revised edition of a Collins bestseller explains the best ways to make use of the foods we can find in the wild. 'Food for Free' by Richard Mabey was first published in 1972, since then it has been reprinted 11 times.

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Collins Gem Food for Free by Richard Mabey (English) Paperback Book Free Shippin 9780007183036 | eBay. By Richard Mabey. He won wide acclaim on the publication of the original Food for Free in 1972. Author Richard Mabey.

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The Collins Gem series of books are a fantastic addition to any outdoor enthusiasts library, they are a perfect size for slipping in your pocket or bergan for a day or longer in the field. Food for Free is a great publication, whether you want it for reference for a survival situation or simply to use for bagging a free meal it is a great guide and now it is in this new format it ideal for carrying in a rucksack or pocket.

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Food for Free (Collins gem) is a pocket-size version of Richard Mabey's foraging revival classic, published in 1972. The original

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publication is definitely on my wish list but this little gem makes a great walking companion! It covers an impressive array of common wild edibles for such a small book. Click here to purchase or learn more about Food For Free (Collins gem) *.

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With over 700,000 copies sold, Collins Gem Calorie Counter is the UK's top-selling calorie counter. Perfect for those following the Fast Diet (5:2 Diet), Dukan Diet, Atkins Diet or other weight-loss diets. This improved edition takes in new areas: Kids' food, Fast Food and Family Favourites.

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Richard Mabey

A clear practical guide to diets that do work and why they work. From food combining to detoxing to an ayurvedic approach, you can work out which healthy eating plan is the best for your body type. With obesity on the increase, even amongst children, it is vital we choose eating plans that are sensible, healthy and long term. Everybody is different - some people have fast metabolisms, some have slow metabolisms. This book should help you identify your body type and help you choose an eating plan that is right for you. "Gem" Diets gives a clear outline of various healthy eating plans, explains why they help you to lose weight, and provides sample menus and meals.

This companion to the Gem Calorie Counter is a handy portable guide to carbohydrates in everyday foods. Clearly laid-out tables give details of net carbohydrates per portion (slice, biscuit, apple) making it quick and simple to use. Reducing carbohydrates and following a high protein diet has become a popular and effective way of losing weight and keeping those extra pounds off. The key to following such a diet is to control your carbohydrate intake. In addition to the net carb contents of everyday foods this guide gives calories, protein, and fat. Information is given per portion rather than 100g, meaning that there is less working out involved. Boredom is often the downfall of the carb counter, so a section is included

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which gives suggestions for different meals for breakfast, lunch, dinner, and snacks.

A handy, quick-reference guide to thousands of difficult-to-remember or difficult-to-find facts, now in ebook format.

Controlling calorie intake is one of the most effective ways of dieting. The Gem Calorie Counter, by detailing information on thousands of foods and food products, provides the most comprehensive coverage for a book of this size. In addition to calorie content for each entry, details are also given of the amount of protein, carbohydrate, fat and dietary fibre, helping you to plan a balanced diet.

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