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'Diet' comes from the Greek word dietta meaning way of life. The Naked Diet is all about changing your way of eating for the better, making you feel cleaner and purer.

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Tess Ward AKA The Yes Chef , is a Inspirational girl with many loves and talents, however it was the kitchen who stole her heart at a young age.

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Tess Ward writes the Grazia restaurant column called 'Date Night Dinners' and is a young food blogger. Le Cordon Bleu trained, she has worked in kitchens at The River

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About the Author. London-based food blogger TESS WARD is a Le Cordon Bleu-trained chef and has worked in the kitchens of River Cottage and The Ritz.

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Apr 30, 2015 THE NAKED DIET is Le Cordon Bleu chef and Grazia food writer, Tess Ward' first cookbook. Her recipes and love of healthful living are shared on her site

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I am honoured (and just a little bit emotional) that my first cookbook is going to be released in a month. To show you a little more, I have made a little

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Jan 03, 2015 Tess Ward is a Le Cordon Bleu trained chef, food blogger and Grazia food writer. She recently graduated from the institute of integrative nutrition and

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