

# The Doctor S Kitchen Supercharge Your Health With 100 Delicious Everyday Recipes

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**The Doctor's Kitchen** Hi! I'm Rupy, a **doctor** from London with a passion for **cooking** healthy recipes with fantastic ingredients. There are so many ...

**Drs. Rx: What Ingredient Can Supercharge the Benefits of Your Food?** The Doctors reveal a new ingredient that when added to smoothies and juices could help give your food an extra

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nutritional ...

**Foraging with Medical Herbalist Alex Laird** Alex Laird is a medical herbalist with more than 20 years' experience. Trained in biomedicine and plant pharmacology, she runs ...

**Eat Your Greens: The Best Greens for Nutrient Density**  
Follow Me here: Website: [www.thedoctorskitchen.com](http://www.thedoctorskitchen.com) PODCAST: <https://thedoctorskitchen.com/podcasts> Order my NEW ...

**Intuitive Approaches to Eating More Real Food / Dr. Rupy Aujla** Science says eating just one meal per day can improve your health. Learn more at <https://highintensityhealth.com/OMAD> ----- **Dr.**

**Introducing The Doctor's Kitchen!** Healthy Recipes and video tutorials teaching you how to make quick easy meals that pack a massive nutritional punch! My aim is ...

**Eat to Beat Illness with Dr. Rupy Aujla** What you choose to put on your plate is one of the most important health interventions you can make. Food not only affects our ...

**5 Tips for better skin with Dr Rupy Aujla aka Doctors Kitchen** So while we had Dr. Rupy in the studio we thought we'd bring back the walkie talkie videos for some healthy skin tips.

All ...

**#4 How Food is Medicine with Dr Rupy Aujla In** this episode **Dr** Rangan Chatterjee speaks to **Dr** Rupy Aujla, author of **The Doctor's Kitchen**, where they discuss the power of ...

**Eat to Beat Illness - Dr. Rupy Aujla | The Doctor's Kitchen**  
Order today and discover 80 delicious recipes from internationally bestselling author **Dr.** Rupy Aujla.

**Cooking A Middle Eastern Feast for 5 Hungry Women in Under An Hour!** "Your Lifestyle **Doctors**" is a group of **doctors** who are passionate about helping our patients and the public to

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live healthier lives.

**LIVE OVERNIGHT OATS** A delicious Overnight Oats recipe that you can prep the night before, leaving you without the need to mess around **in** the morning.

**Butternut Massaman Curry** This is one of the recipes from my Cookbook "**The Doctor's kitchen**" ! I'm sure you'll love making this one and sharing with your ...

**Diets Don't Work! A Healthy Lifestyle Works - Interview with Dr. Heather McKee** Listen to the Full Podcast: [thedoctorskitchen.com/podcasts](http://thedoctorskitchen.com/podcasts) **Dr** Heather McKee is the UK's leading lifestyle behaviour change ...

**The Doctor's Kitchen Reveals Malay Salad Recipe** Science says eating just one meal per day can improve your health. Learn more at <https://highintensityhealth.com/OMAD> ----- **Dr.**

**Green Pea Falafels** You're going to love these green pea falafels, they're so easy to make and they're a staple recipe where I mix up the spices all the ...

**Savoury Oats for Gut Doctor Rabia Lalani**  
<https://aca.st/58ca00> Tarragon and Sundried Tomato Savoury Oats: A delicious twist using wonderfully fibre rich oats with sweet ...

**Curry for Breakfast with the Kindest Nurse in Britain - Christie Watson** Christie Watson is an award winning, bestselling writer. She has a special interest **in** nursing and mental health having spent ...

**Lemongrass Thai Basil from the Cook Book!** This is the first meal I was ever taught how to cook. It's a delicious Thai recipe, full of nutritious ingredients and bags of flavour.

**Journey to 100 Session 3: Food - Dr. Rupy Aujla [Functional Forum]** Register to watch next the Functional Forum: <http://functionalforum.com/next-event> Subscribe:

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<https://bit.ly/2n9QpsC> Practitioners ...

**S2 E1 - LA Healthy Green Smoothie!** A healthy green smoothie recipe inspired by detox, weight loss and super food obsessed Los Angeles! Packed full of vegetables ...

**LIVE pea pasta!** I made this after coming home really late! The temptation for a sneaky takeaway was there, but I wanted to show everyone that you ...

**Two Doctors Talk About Burnout Over Breakfast** Dr Zarrin Shaikh is a Consultant Cardiologist and a passionate advocate of the power of lifestyle medicine to prevent ...

**5 Minute Laksa Curry with Dr Rupy Aujla aka Doctors Kitchen** Our wonderful friend Dr. Rupy visited us during the week and we explained our minute dinner to him and we set ourselves a ...

**My interview with Dr Rupy Aujla of The Doctor's Kitchen** I caught up with Dr Rupy Aujla of The Doctor's Kitchen at The Institute for Functional Medicine's Annual International ...

**Rupy Aujla - Eat to Beat Illness: The Doctors Kitchen** Click here to SUBSCRIBE to our channel: <https://www.youtube.com/channel/UCBILFOvoJ4x2bRhFSapAopA?...> ...

**Doctor's Kitchen Teaches Dr Max Pemberton How to Cook Tacos!** Pinto Bean Tacos with Max Pemberton! You can check out the whole podcast here: ...

**Rapid A&E Paella!** This is a super quick plant based paella with some incredible, easily accessible ingredients and it only takes 15mins to make from ...

**Breakfast Greens with Hummus!** This is a delicious meal that is packed with a variety of nutrient dense ingredients to completely change up Breakfast!

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