

THE CRAVE EBOOK

EDIBLE REMEDY RECIPES | SNACKS | DINNER | DESSERT



120+ RECIPES

100+ SIMPLE INGREDIENTS

TASTES LIKE THE ORIGINAL

BONUS SECTION — 14-DAY GUT RESET PLAN

A simple step-by-step plan to reset your gut and reduce cravings.



100+ Downloads in the last 24h

★★★★★ Excellent 4.8 | 10,631 reviews

Edible Remedy Recipes + 14-Day Gut Reset Plan

£24.99 **£2.49** **SAVE 90% OFF**

Limited offer! Sale ends in: **11 : 58 : 30**

- Digital ebook, instant download
- 120+ nourishing food-based recipes
- Easy step by step guide
- Lifetime access + No subscription

ADD TO CART



"Been using crave for 3 months now and honestly couldn't be more happier. My favourite food but even more healthier - if you're serious about healthy living, you NEED this!"

Ellie Sanders ★★★★★

HALLOWEEN SPECIAL



Enchanted Bakes & Brews

£1.99 ~~£10.99~~



Natural Remedy Drinks

£1.99 ~~£9.99~~



Zero Sugar Remedy Desserts

£1.99 ~~£9.99~~



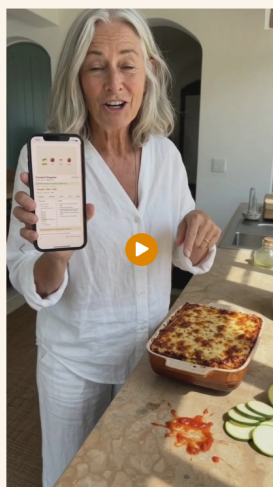
ADD TO CART

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£2.49 ~~£24.99~~

As featured in



Why thousands of people keep using Crave!



Purposeful ingredients

Whole foods, herbs, vegetables, grains and other ingredients selected intentionally rather than added at random.

Food you actually want

Comforting soups, colourful bowls, breakfasts, dinners and desserts designed to feel like proper meals.

Everyday wellness

A practical way to bring more thoughtful ingredients into the meals you already eat every day.

THE HEART OF CRAVE

Food with purpose.

CRAVE is built around one simple idea: everyday meals can do more. Purposeful ingredients, thoughtfully combined into food you genuinely look forward to eating.

EXPLORE THE RECIPES

Find meals for how you want to eat.

Gut & Digestion

Everyday Energy

Calm & Evening

Seasonal Wellness





Feel-Good Food for Your Gut

Fibre-first meals, fermented ingredients and gentle whole foods made into breakfasts, dinners and treats you'll actually look forward to eating.

14-DAY OUT RESET PLAN

120 recipes give you choice. The plan tells you where to start.

Two weeks of meals already mapped out using lighter mornings, real dinners, simple snacks and planned leftovers, so you can start without deciding what to make every day.

- ✓ 14 days already mapped out
- ✓ Breakfast, lunch, dinner & snacks planned
- ✓ Recipes pulled directly from the ebook
- ✓ Leftovers built in to make the plan easier

YOUR FIRST WEEK

We've planned it out for you.

INCLUDED

DAY 1

Smoothie Bowl • Big Salad or Leftovers • Courgette Lasagne • Roasted Chickpea Crunch

DAY 2

Chocolate Baked Oats • Leftover Courgette Lasagne • Lettuce-Wrap Fajitas • Apple • Peanut Butter

DAY 3

Cottage Cheese Pancakes • Crustless Breakfast Quiche • Sweet Potato Fish & Chips • Frozen Banana PB Bites

+ 11 more structured days



BEHIND CRAVE

Good food first. Purpose built in.

CRAVE started with a simple idea: everyday meals can do more than just fill a plate. Familiar recipes, purposeful ingredients and food designed for real kitchens.

Real people, real results

Try the recipes, feel the difference...



★★★★★

Healthy food that tastes good

I expected the recipes to feel like 'diet food', but they really don't. Everything I've made has been filling, full of flavour and something I'd happily serve to my family.

Sianne U.



★★★★★

I LOVE Crave!

I'm honestly so thankful I tried the 60-day journey. I wasn't perfect every day, but the meals were simple, satisfying and easy to fit around my life. By the end, I felt stronger, more confident and genuinely proud of how far I'd come.

Hannah M.

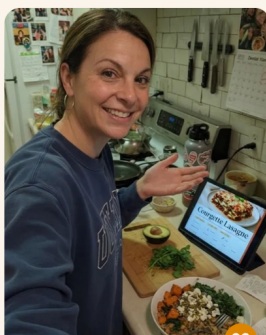


★★★★★

Perfect for busy evenings

I'm not a confident cook, so I loved how simple everything was to follow. No complicated techniques or endless ingredients, just realistic meals I can make after work.

Sheila H.





I actually use this cookbook

I've bought cookbooks before and barely read them, but these recipes are genuinely easy. The ingredients are normal, the steps are clear, and I've already made several twice.

Amy T.



Try CRAVE risk-free

If it's not the best-tasting healthy food you've cooked, just reply to your download email within 30 days!

GOOD TO KNOW

A few things you might be wondering.

- 🔍 Is this a physical book? ▾
- 🔍 Will I need special ingredients? ▾
- 🔍 I'm not a confident cook, is this for me? ▾
- 🔍 What if I don't know where to start? ▾

Put a little more purpose on your plate.

Get 120 Remedy Food Recipes + the complete 14-Day Gut Reset Plan, with simple recipes, purposeful ingredients and a clear place to start.

GET MY CRAVE EBOOK

crave

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CRAVE

We believe eating well should never mean giving up the food you love. So we rebuilt it, properly, one recipe at a time.

Country/region

United Kingdom (GBP £) ▾

Language

English ▾



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