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## The Best Diet Books For Your New Year Detox

**Indulged in one (or ten) too many mince pies over the holidays? Take a weight off your mind: here are the best diet and nutrition titles to inspire your New Year detox. Order now and make your 2015 resolutions come true!**

By Francesca Specter 06 January 2015 [Next article](#)

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*The long-awaited book from super-blogger Ella Woodward...*

Ella Woodward, author of Deliciously Ella, needs no introduction. An aspiring model turned nutrition guru, she has acquired a cult following. And with over 17 millions hits on her Deliciously Ella blog, Ella's recipe book will fly off the shelf. Although the recipes are hush hush at the moment, we are told to expect all her blog classics such as creamy coconut porridge and avocado pesto along with exciting new dishes. Yum!

Deliciously Ella: Amazing Ingredients and Incredible Food That You and Your Body Will Love by Ella Woodward, Yellow Kite, £20

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