



How to Cook Healthy in a Hurry #2: More Than 35 New Quick and Easy Recipes (Paperback)

By Helen Cassidy Page

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you concerned about how to control weight, how to ensure health and fitness (and who isn t)? Do you want to get a fabulous dinner on the table in under 30 minutes? Let a professional cook, caterer, and food writer reveal her secret tips and techniques for creating healthful, delicious and easy meals. She has been doing it for decades for publications such as Bon Appetit, Gourmet and Men s Fitness. Now let her do it for you. LEARN HOW TO: *Stock your panty for last minute pizzas, burritos and chilies you and your kids will love. * Make relaxed Sunday night suppers and fancy Saturday night party dinners, without spending all your time in the kitchen. * Flavor your dishes with aromatics without adding extra fat calories. * Use herbs and spices instead of fatty meats to prepare rib-sticking main dishes. * Use superfoods to protect your family s health while giving them meals they will love. * Discover what we have learned about foods that keep us healthy and foods that don t.



Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- Dr. Kadin Hane DVM

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

-- Frank Nienow

Other Books



Dog Farts: Pooter's Revenge (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English. Brand New Book ***** Print on Demand *****.BONUS - Includes FREE Dog Farts Audiobook Inside! That's right. For a limited time you can download a FREE audiobook...



Penelope s Irish Experiences (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...



Baby Whale s Long Swim: Level 1 (Paperback)

Sterling Publishing Co Inc, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. When spring comes, a baby calf gray whale and his mother head north to find food-all the way from Mexico to...



Fox on the Job: Level 3 (Paperback)

Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such beloved...



Three Simple Rules for Christian Living: Study Book (Paperback)

Abingdon Press, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job This small-group study by Jeanne Torrence Finley is based...



The Old Peabody Pew (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...