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Healthy Cooking: Healthy Cooking and Baking Recipes for Weight Loss and a Better Life (Paperback)

By Theodore Maddox, John Mayo, Ariana Hunter

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Eating Healthy Doesn't Have To Be So Hard, This Book Contains Plenty Of Delicious Recipes That Don't Come With A Side Of Instant Regret! Limited Time FREE Bonus- 14 Super Smoothie Recipes Productivity Hacks To Ultimately Enhance Your Lifestyle! Find Your Copy Inside. Let's Solve The Mystery Of Healthy Recipes That Taste Great And Also Pack A Nutritional Punch! Eating healthy can seem like a difficult thing to do. The main reason that people find eating healthy so difficult is that they don't know how to prepare the food in a way that both satisfies their taste buds and doesn't expand their waistline. Yes, it's true, you can eat delicious food and keep your body in check at the same time. There was a point in my life when I thought eating healthy was difficult. I soon realized that I was just incompetent in the kitchen. I started to experiment with different foods and recipes and before long I was cooking healthy meals every single day. This book is my attempt to...



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