



## Healthy Cooking: Healthy Cooking and Baking Recipes for Weight Loss and a Better Life

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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