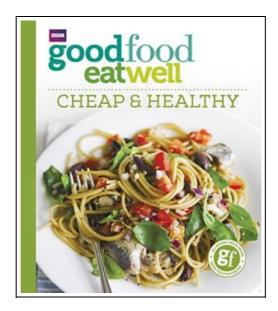
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Reviews

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(Prof. Gerardo Grimes III)

GOOD FOOD EAT WELL: CHEAP AND HEALTHY (PAPERBACK)



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Ebury Publishing, United Kingdom, 2018. Paperback. Condition: New. Language: English. Brand New Book. We re all trying to eat more healthily these days, but popular recipes often include hard-to-find and expensive ingredients. Good Food Eat Well: Cheap and Healthy is a comprehensive collection of fresh, healthy and reasonably priced recipes for every day of the week. It includes 100 balanced recipes based on store-cupboard ingredients, from delicious smoothies and soups to hearty main meals and tasty but better-for-you treats. All the recipes are short and simple with easy-to-follow steps, and all are accompanied by a full-colour photograph of the finished dish.



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