



The Healthy Student Cookbook (Paperback)

By studentbeans.com

Orion Publishing Co, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. 100 delicious clean-eating recipes from the authors of THE ULTIMATE STUDENT COOKBOOK Student Beans are back! Packed with even more delicious, nourishing and low-cost recipes THE HEALTHY STUDENT COOKBOOK is the bible for students who want to eat well. This time Student Beans have teamed up with the UK's leading high street restaurants, from PizzaExpress to Wahaca, to bring you a bonus chapter on the all-time favourite student-friendly dishes with a healthy twist. There are also exclusive recipes from fitness sensation The Body Coach Joe Wicks who has specially devised the perfect meals for busy, energetic students. Written in the friendly, entertaining way that is known for, including advice on the basics of cooking, how to save money and trips to the supermarket, this book will help students everywhere have confidence in the kitchen so that eating wholesome, nutritious fare becomes a rewarding and fun part of student life.



READ ONLINE
[7.73 MB]

Reviews

This book may be worth purchasing. It typically fails to expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Ken Watsica**

Basically no phrases to clarify. It really is rally fascinating through reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Anabel Zemplak**