

Healthy Cookbook For Two 175 Simple Delicious Recipes To Enjoy Cooking For Two

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The Healthy Cookbook for Two includes: 175 Perfectly Portioned Recipes —Ditch delivery food for good with these healthy and tasty recipes to pull together after work or over the weekend. Meal Planning 101 —Get smart about what you eat with guidelines on how to plan and shop for your meals.

Healthy Cookbook for Two: 175 Simple, Delicious Recipes to ...

The Healthy Cookbook for Two includes: 175 Deliciously Quick Recipes: classic recipes complete with detailed nutritional information and side pairing suggestions so that you ditch delivery for good ; Meal Plan Guidelines: advice on how to plan for stress-free meals ; 10 Shopping Tips: to make the most of your grocery list and your budget

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Whether you are cooking for two—or making meals with leftovers for one—you will benefit from “Healthy Cookbook for Two: 175 Simple, Delicious Recipes to Enjoy Cooking for Two”. More than just a collection of delicious recipes, this book also offers shopping and meal-planning advice, side dishes to accompany main dishes, and nutritional information for each recipe.

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Explore a wide variety of healthy recipes that include complete nutritional info and are labeled for dietary accommodations like gluten-free and dairy-free. Inside the Healthy Cookbook for Two, you'll find: 175+ Flavorful recipes—Dig in to Sweet Potato Pancakes, Thai Seafood Soup, Greens and Snow Peas Salad, Chicken Broccoli Casserole, Maple-Marinated Flank Steak, and more.

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Healthy Cookbook for Two: 175 Simple, Delicious Recipes to ...

Healthy Cookbook for Two offers more than 175 fast and delicious recipes utilizing fresh, affordable ingredients that are tailored specifically for your two-person household. Covering everything from quick yet satisfying weeknight dinners to hearty Sunday brunches to guilt-free desserts, Healthy Cookbook for Two is the go-to cookbook for duos looking to prepare nourishing meals any day of the week.

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This Healthy Cookbook for Two: 175 Simple, Delicious Recipes to Enjoy Cooking for Two is an great book to help you decide on what works best for you, and to give you head start. Share Healthy Cookbook for Two: 175 Simple, Delicious Recipes to Enjoy Cooking for Two’s write-up with others by commenting to the article or liking via social share.

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