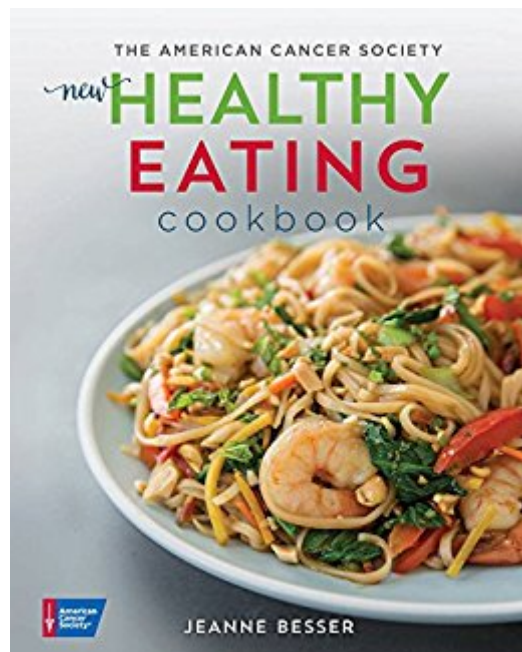




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American Cancer Society New Healthy Eating Cookbook (Healthy For Life)



Synopsis

Winner: 2016 Best Book Awards, Cookbooks: General; Gourmand World Cookbook Award, Health and Nutrition - Institutes, 2017 IPPY Gold Medal Cookbooks, Nutritional/Vegetarian, 2017 IBPA Benjamin Franklin Award, Gold Medal, Health and Fitness • Get cooking and eat your way to better health with the latest edition of this popular cookbook. It includes more than 100 simple and delicious dishes that will turn healthy eating into a celebration of good food. It includes healthy substitutions, simple tips in the kitchen, smart shopping ideas, and notes on how to judge portion sizes. There is new material on how to shop in a healthy way, how to set up your pantry for healthy meals, and guidelines for physical activity. With the latest research, revisions to recipes, and updated recommendations for healthy eating, this cookbook makes it fun and easy to eat well.

Book Information

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Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions

Customer Reviews

Has some really yummy recipes great cooking/kitchen tips. Especially liked the Thai It Up Chicken Soup...definitely a feel good comfort food with a little different take on traditional chicken soup. Each recipe gives nutritional content breakdown which is great. Not every recipe has a picture but the

ones that do are beautifully illustrated. Makes a wonderful gift.

Wonderful recipes and information for healthy living....each recipe has tips for alternate ingredients.....beautifully written.....loved the section on snacks and eating out as well as eating in.....Well Done

The first ten pages are worth the purchase... An easy honest look at real human proportions. Recipes are good and well explained. Great to have above the stove.

Gave this book out as holiday gifts. Bought one for myself and the recipes are great!

Really like this book very yummy simple recipes. Foods that are healthy but palatable.

A wonderful buy. Love the easy nourishing recipes.

Fast shipping and as expected.

Wonderful recipes & delivery

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that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) American Cancer Society New Healthy Eating Cookbook (Healthy for Life) The American Cancer Society New Healthy Eating Cookbook (Healthy for Life) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer The American Cancer Society's Healthy Eating Cookbook: A Celebration of Food, Friendship, and Healthy Living Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Air Fryer Cookbook: The World's No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook,) Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook ((Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating,)

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