



Fast and Healthy Recipes: So Easy Even a Bachelor Can Make Them! (Paperback)

By Dr Brad Johnson

Createspace, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The goal of this cookbook is to help people, especially bachelors, master the skills of cooking by following simple steps to make delicious recipes. The following five chapters cover a combination of vegetarian, paleo, and clean diet recipes. The urge is to assist people in following the most natural, healthy and genetically approved diet plans. Easy and Healthy Recipes contains more than thirty recipes, including breakfast, lunch, dinner, snacks, and desserts. All of which are simple to prepare, easing the transition to a healthier lifestyle. The interesting and unique recipes in this cookbook will provide a variety of flavors to spice up any diet and keep it on track. So lose all the complicated, bland diet cookbooks and lets get cooking! Scroll up and grab your copy now!.



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