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Bobby Deen s Everyday Eats (Paperback)

By Bobby Deen

Ballantine Books, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Beloved food personality and #1 New York Times bestselling author Bobby Deen is back with 120 new, simple, mouthwatering recipes all under 350 calories that can be prepared from start to finish in under 30 minutes. Bobby Deen s life has always revolved around food especially good Southern fare. But he knows that with a busy lifestyle in and out of the kitchen, finding the time to make delicious, nourishing meals can be tough. Just because your schedule is overstuffed doesn t mean your belly has to be. Now, in Bobby Deen s Everyday Eats, Bobby helps you get a tasty and good-for-you dinner on the table in no time flat, with dozens of delectable recipes all under 350 calories and all prepared in less than 30 minutes. Whether it s salads and soups that make hearty suppers, lip-smacking dishes for midweek grilling, meatless main courses for watching your waistline, scrumptious sides for every season, or reduced-calorie sweet treats to cap off your meals, Bobby Deen s Everyday Eats includes such satisfying recipes as Light and Easy Scallops and Grits Deviled Egg Salad Lightened-Up Beer Cheese...


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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is writter in basic terms and never difficult to understand. Its been written in an exceptionally basic way and it is only right after i finished reading this ebook in which in fact modified me, affect the way i really believe.

-- Beverly Hoppe

Extremely helpful for all class of individuals. Better then never, though i am quite late in start reading this one. I realized this publication from my i and dad suggested this ebook to discover.

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