



Delicious Nutritious Recipes

By Lisa Lazuli

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Good health is no lottery. More veggies, more fibre and less fat in your meals can help you stay fit and live longer, healthier lives. *All measurements in imperial and metric* We are constantly be told by the media to: Eat less salt Eat less sugar Eat less fat Eat less.period! And it has been well documented that eating five or more fruit and vegetables a day is vital for good health. But life is so hectic, we are always in a rush and so how do we do this? The easiest way to reduce salt, sugar and fat is to cook meals yourself. Pre-prepared meals and processed foods are filled with bad fats, sugar and salt and if they say LOW FAT, then they are bound to have twice the sugar. Home cooked meals have a higher nutritional value, less salt, sugar and fat. Plus, many of us have food allergies or may be gluten intolerant and so we need to know what is going into our meals. So the purpose of this book is to give...



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