



Bobby Flay Fit: 200 Recipes for a Healthy Lifestyle (Hardback)

By Stephanie Banyas

Random House USA Inc, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Cook, eat, and be fit with 200 recipes from Bobby Flay, whose approach to healthy eating is all about flavor--not eliminating anything from your diet. With a profession that has him constantly developing and tasting new recipes, chef Bobby Flay does not eschew any foods: bread, bacon, and butter are still all on the table. His secret to staying healthy is to have on hand an arsenal of low-calorie flavor bombs--like rubs, relishes, and marinades--to transform lean proteins, whole grains, and fresh produce into crave-worthy meals at home. In Bobby Flay Fit, Bobby shares smoothies and juices, breakfast bowls, snacks to fuel workouts, hearty salads, nourishing soups, satisfying dinners, and lightened-up desserts. With fitness tips and a look into the chef's daily healthy routines, this cookbook is for those who want to eat right without overhauling their pantries or sacrificing taste.



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