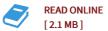


Somewhat Healthy Comfort/Junk Food Recipes/Cookbook: A Great Tasting and Not So Bad for You Breakfast, Lunch and Dinner Meal Plan (Paperback)

By Mick Filbert

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Acknowledging that many people (including myself) like to eat comfort food/junk food, the book attempts to provide recipes that will both comfort you, but also do so in a healthier way. From hamburgers made with freshly ground beef, pancakes filled with nuts and fresh fruit instead of eggs to spicy Chinese chicken to satisfy your craving for hot foods, the book provides recipes that will make you feeling good in a guilt-free way.



Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehended everything using this written e ebook. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book. -- Mark Bernier