



Food for Fitness: Our 100 top recipes presented in one cookbook

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Light and healthy everyday recipes

Staying fit and healthy is all the rage, and having a balanced diet can help a lot! This book will give you many practical recipes to help you stay fit and still enjoy a feast with no regrets. This book offers alternatives to fast food as well as fresh salads and vegetarian recipes, clever fish and meat dishes and sweet delicacies. Be sure to experience pure pleasure the light way.

- Recipes for a balanced diet - from classic dishes to trendy recipes
- East-to-follow, step-by-step instructions

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