



Insanely Yummy and Healthy Cookbook: Delicious and Healthy Recipes your Family will Love

Hilary White

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***INSANELY YUMMY AND HEALTHY!!* Delicious and healthy recipes for the whole family including the whole day plan with starters, main course and desserts.**

Lose your weight and good health with amazingly delicious cooking!!!

This book contains a number of recipes that you can use as you change to the a healthy diet plan. It can be difficult to change to a new system of nutrition; not only do our bodies resist change initially, but given our hectic lifestyles, cooking dinner is often the last thing we want to do. Armed with these recipes, you can manage your diet, instead of letting your diet manage you. The end result *will not just be weight loss: you will*

feel higher levels of energy, and you will feel better overall.

You eat as many vegetables as you can, and try to cut your carbs and your sugar. That's going to make the job of being a diabetic so much easier-Jay Cutler

What you will get inside the book!!

- Crispy Pork Patties with Salsa Roja
- Chinese Tuna
- Australian Baked Bacon and Eggs
- NYC Blueberry Cheese Cake
- Spinach Omelet
- and many more....

Each recipe has an eye-catching image with it !!!

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Leonard Palmer:

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Lena Lewis:

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Brianna Bell:

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