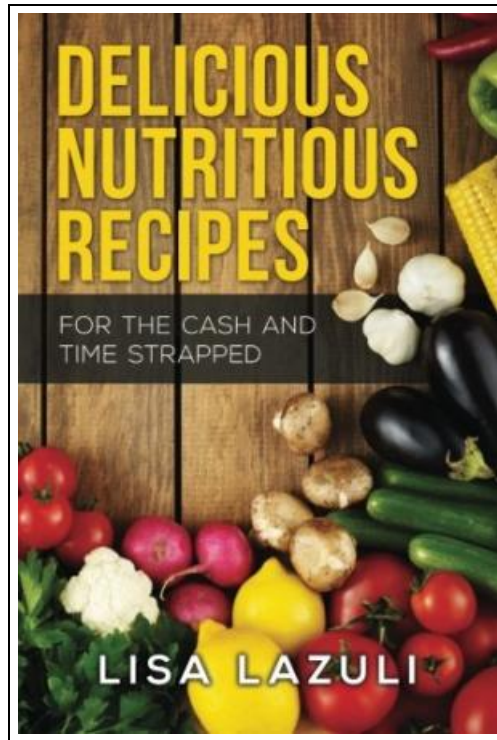


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DELICIOUS NUTRITIOUS RECIPES



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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 you recipes rich in vegetables and nutritional value and so you can be sure you are getting five a day at least. All my puddings contain at least one fruit as well. The meals are delicious and fail safe, even kitchen novices can succeed. The majority of meals freeze and keep well for the next day and so once you have made the effort you have a meal ready for another day or even two - this is where you can save time and money while still eating well. Great for first timers as well as I keep all measurements...



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