

The Eat-clean Diet Cookbook - Tosca Reno

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Tosca Reno is not only a health and fitness expert, but also a fabulous cook. Who better to write a stunning cookbook that everyone will love? Get: 150 beautiful food photographs Delectable low-fat beef, pork, chicken and fish dinners Protein-rich meat-free recipes Gluten-free meals Tips on eating clean in difficult situations Timesaving one-dish meals for busy moms Great recipes on the go How to prepare an elegant clean-eating event

Author Residence: Tosca Reno has been a columnist for Oxygen magazine for three years, and she is now on their advisory board. She has appeared on national TV and radio, and she has been featured in major newspapers and magazines in the US and Canada. Tosca has written two previous books: *The Butt Book* and *The Eat-Clean Diet*. **Illustrator Residence:** Donna Griffiths photographs have appeared in many of North America's highest-quality magazines. Her eye for food photography is impeccable. Donna lives in Toronto, Ontario.

Marketing: Co-op available North American tour of all major cities Huge TV, radio, magazine and newspaper campaign Full-scale promotions in Oxygen, Reps!, MuscleMag International and Maximum Fitness, all international magazines Jane Wesman commissioned publicity Online support Book Expo appearance Bookstore tour Speaker's tour

Sales Handles: North Americans love dieting and they love food. At any given moment, 45 million Americans are on a diet. This cookbook is for dieters and for any health-conscious person who wants good food. **Audience:** Adult men and women who want to get or stay thin Dieters People who love to cook Those who want to lose weight (approximately 65% of Americans)

Author: Reno, Tosca **Publisher:** Robert Kennedy Publishing **Illustration:** N **Language:** ENG **Title:** The EAT-CLEAN DIET Cookbook **Pages:** 00359 (Encrypted EPUB) / 00359 (Encrypted PDF) **On Sale:** 2011-10-19 **SKU-13/ISBN:** 9781552100448

Category: Cooking : Health & Healing - Weight Control

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