

The Everything Healthy College Cookbook - Nicole Cormier

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Forget fast food. Forget the dining hall. In this cookbook, you'll find 300 great-tasting, good-for-you recipes designed to help you eat well in and out of the dorm. Peanut Butter Banana Breakfast Wraps; Toasted Cheese and Turkey Sandwiches; Apricot Rice; Asian Chicken Salad; Fresh Tomato with Angel Hair Pasta; Mango Citrus Salsa; Triple Chocolate Cupcakes; and more. Chock full of money-saving tips, cooking techniques, and culinary shortcuts, this all-in-one cookbook is all you need to eat well on a budget. With full nutritional breakdowns as well as a wide range of low-fat, vegetarian, and vegan offerings, this college-proof collection of mouthwatering recipes gives you the tasty nutritional boost you need, even when you're stressed out and sleep deprived. So put down that take-out menu and prepare to eat well--on the cheap! Author: Cormier, Nicole Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Healthy College Cookbook Pages: 00304 (Encrypted PDF) On Sale: 2010-09-30 SKU-13/ISBN: 9781440504112 Category: Cooking : Health & Healing - General

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