



Healthy Eating: Soups: Natural Recipes for Healthy Life

By Sam Wood

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you troubled with your excess weight? Do you want to change the way of life? Let s change habits. And one of the main habits which will help to keep health, cheerfulness, and a slim figure is the correct, varied, regular and tasty food. Only a variety, but not refusal of tasty is the very foundation of healthy food. Usually, we are limited to the very small set of products. But only the varied menu will be able to provide us with vitamins, minerals, amino acids and other useful substances. And thanks to the abundance of tastes in your menu you will be able to adhere to the principles of healthy food without effort and to receive pleasure from it. Cook with pleasure and everything will turn out well! Cook with pleasure and you will succeed! I present to your attention a series of books with various recipes. You don t know how to cook?! Dont let it bother you! It is very simple to correct by buying this book; you will learn how...



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