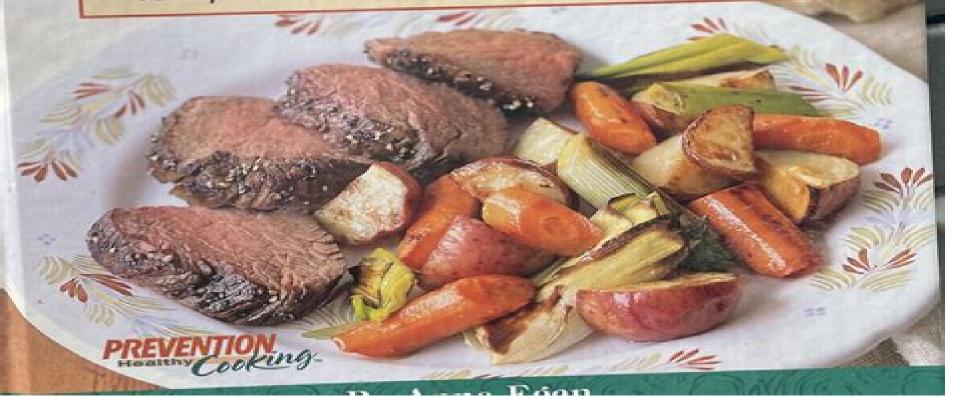
Classics Cookbook

Family Favorites Made Healthy for Today's Lifestyle



Preventions Healthy Heart Cookbook Over 200 Truly Satisfying Recipes

Julian Elias Vance

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The 30-Minute Low-Cholesterol Cookbook Karen Swanson, Linda Larsen, 2019-09-24 Tasty guick and heart healthy you really can have it all It's time for some heart healthy dishes you can happily sink your teeth into The 30 Minute Low Cholesterol Cookbook replaces bland meals with more than a hundred easy to make recipes for savory and sumptuous dishes that complement a low cholesterol lifestyle Want some help getting started with your cholesterol conscious journey This cookbook has all the health support you need to make informed decisions about what you eat plus plenty of helpful tips for making the transition as smooth as possible The 30 Minute Low Cholesterol Cookbook includes Quick great tasting meals Discover how simple healthy eating can be with a collection of yummy dishes that all take 30 minutes or less to prepare 125 tasty recipes From smoothies and bowls to pasta and dressings eat well at every meal thanks to a heaping helping of dishes that are high flavor low cholesterol Common ingredients Create mouthwatering and heart healthy meals without having to visit specialty grocery stores or deal with hard to find ingredients Low cholesterol meals that are fast and delicious let The 30 Minute Low Cholesterol Cookbook show you how it s done

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Cookbook for Beginners Rosie Marie McHellan, 2021-05-24 Many scientific studies have shown that a healthy lifestyle and a good diet help extend your years of life and increase your general state of well being In this beginner's book you will find over 200 recipes that are beneficial for your heart Foods low in sugar and sodium but rich in magnesium calcium and potassium reduce the risk of heart disease and hypertension and also osteoporosis and diabetes With this book you will find that preparing meals with healthy ingredients improves your health without affecting the taste Each recipe has the nutritional values indicated and this will allow you to easily keep your daily intake of calories under control Eliminate questions like what shall I make for dinner and what should I eat to be healthy by purchasing this book More than 200 recipes guarantee you a year of taste and health Prevention Does Work: A Guide to a Healthy Heart FACC Paul Goldfinger MD, Eileen Goldfinger, 2011-03 A cardiologist collaborates with an experienced cook in this unique evidence based resource containing two parts a patient education section and a heart healthy cookbook Prevention Does Work A Guide to a Healthy Heart is now in its fourth edition A guide designed for lay people including heart patients and healthy individuals concerned about the risk of heart disease it provides vital information based upon scientific evidence that many patients might not get from their physicians Preventing heart disease is possible A cardiologist collaborates with an experienced cook in this unique evidence based resource which contains two parts a patient education section and a heart healthy cookbook A practical and comprehensive guide with an emphasis on nutrition it combines clear and easy to understand medical facts with a carefully designed section on food preparation It offers over thirty heart healthy recipes many of which feature seafood chicken and turkey The creative dishes range from Eileen's Feel Good Chicken with Orange Sauce to Scallops and Shrimp Portuguese Style Offering two books in one Prevention Does Work has been popular with both patients and healthcare providers Now in its fourth and most complete version this is a reference to keep in the kitchen as a guide to good health Prevention does work

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