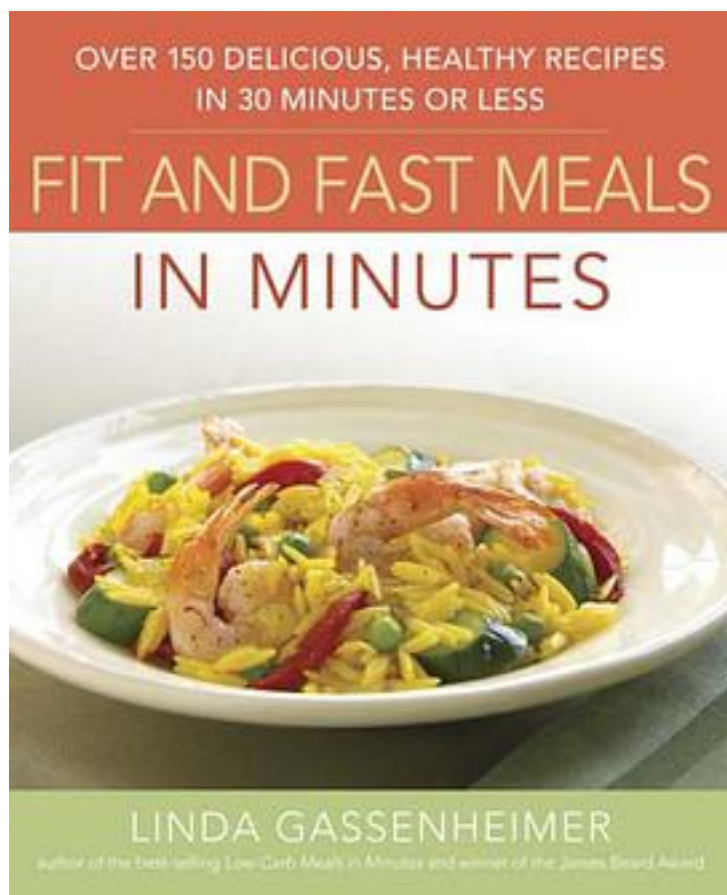


Prevention's Fit and Fast Meals in Minutes



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"Quick, healthy, great-tasting meals--using the same approach as the author's enormously popular "Dinner in Minutes" column that reaches millions of readers each week" When Linda Gassenheimer's bestselling cookbook "Low-Carb Meals in Minutes" appeared, famed chef Jacques P pin cheered: "What starts as a diet book becomes the blueprint for a healthy lifestyle based on appealing recipes that are quick and easy to

prepare." Reviewers greeted her previous work with similar enthusiasm. Now this award-winning author has applied her "Meals in Minutes" formula to the latest USDA dietary guidelines--emphasizing portion control and more fruits, vegetables, and whole grains--and the result is a treasury of 150 enticing recipes, organized into a sensational 4-week meal plan.

Recipes range from Asian to Mediterranean, from Tex-Mex to Caribbean, from breakfasts like Wild Mushroom Parmesan Omelet to show-stopping dinners like Sicilian Swordfish with Broccoli Linguine. Mouthwatering desserts complete the meals, like the Velvety Chocolate Mousse that takes less than 10 minutes to prepare. Helpful shopping lists make stocking the kitchen as efficient as possible, and smart advice on substitutions allows readers to take advantage of seasonal and discounted ingredients. Enjoying good food that's good for you has never been simpler, or, as the "Rocky Mountain News" has raved about the author's "Dinner in Minutes" "She does everything except come to your home and cook it for you."

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目录:

[Prevention's Fit and Fast Meals in Minutes 下载链接1](#)

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