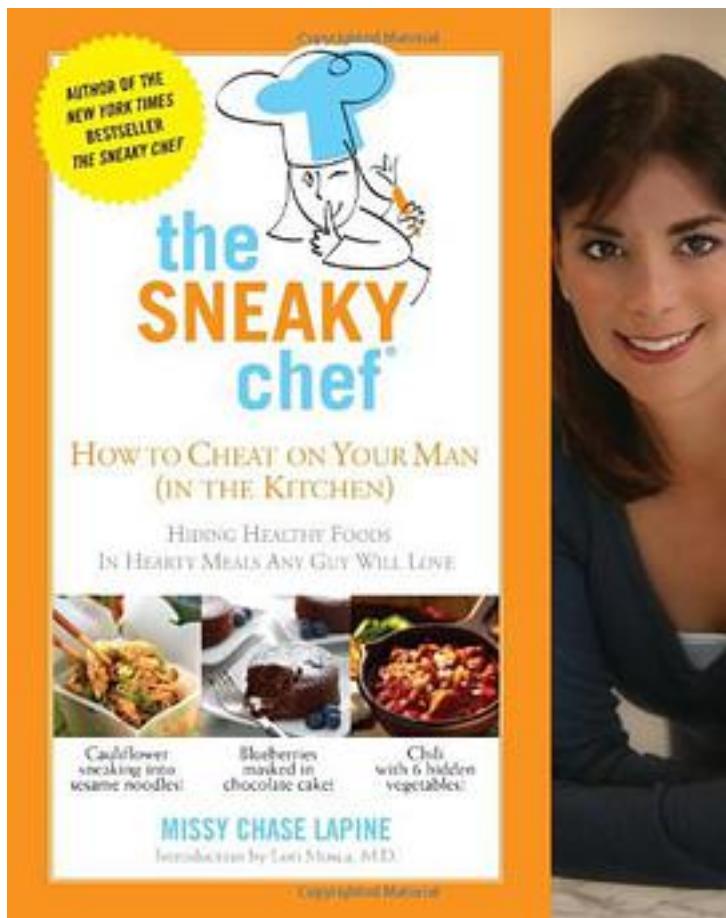


The Sneaky Chef



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著者:Missy Chase Lapine

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The follow-up to the New York Times Bestseller! The Sneaky Chef now targets the other picky eater in the family! For parents of finicky eaters, The Sneaky Chef was the answer to their prayers, giving them solutions for hiding healthy food in the meals kids crave. Within a month of publication, it was a New York Times bestseller. But author Missy

Chase Lapine knew another secret: the kids aren't the only ones in the family not eating their veggies! Hundreds of women wrote to tell her how the men in their lives were consistently making poor choices when it came to their diet. Men know they should eat better, but the classic male perception is that fruits and veggies are "rabbit food" and don't seem to satisfy their appetite. Now "The Sneaky Chef" has donned her apron again and developed delicious recipes that are sure to appeal to guys. Recipes include "Macho Meatballs," "Love Me Tenderloin," and "Champion Chili." These hearty meals successfully cloak ingredients that specifically target men's health issues: foods proven to help the heart, lower cholesterol, ensure a healthy prostate, and other concerns. Now everyone in the family (kids and adults alike) can benefit from The Sneaky Chef's bag of tricks.

作者介绍:

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