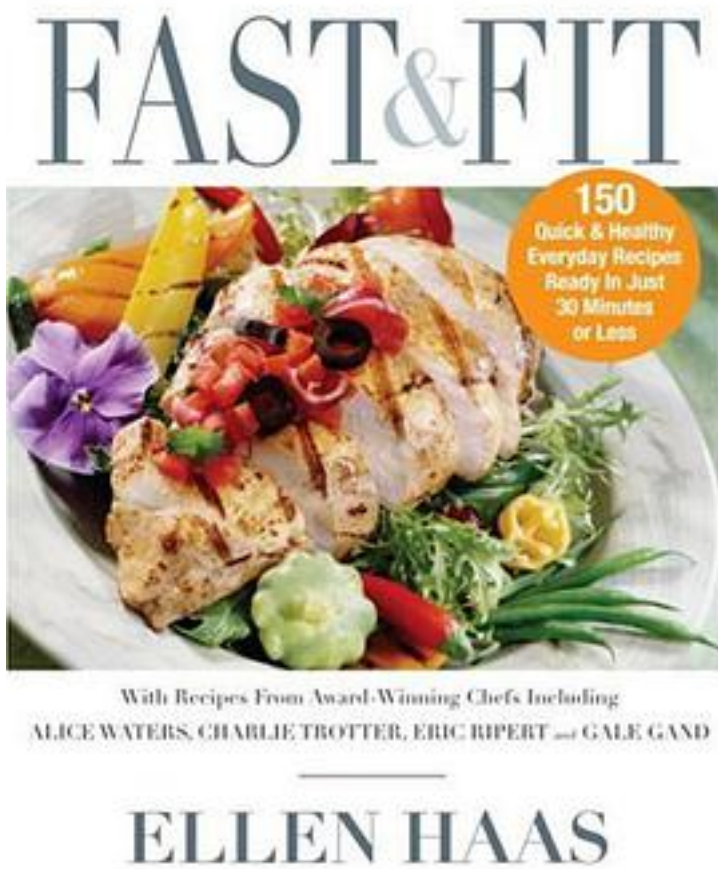


# Fast & Fit



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A quick, easy-to-use collection of 150 recipes from prominent chefs, organized into healthy, hassle-free meals that can be made in just 30 minutes, most using five or fewer ingredients.

Cooking fast and eating fit do go together, and this quick, good-for-you meal planner-in-a-book shows you how. Welcome to Fast & Fit , a handy guide to the simplest, healthiest, tastiest meals.

Eating well has never been so easy. Fast & Fit 's 150 healthy and delicious dishes draw their flavor and their healthfulness from using the freshest, in-season ingredients. All of the meals can be made in less than 30 minutes--many in less than 15--and even more require only five ingredients or less. In addition, all the recipes reflect the recommendations in the government's 2005 Dietary Guidelines for Americans and the new Food Guide Pyramid. In addition to the menus and recipes, each section of the book includes nutrition and cooking tips to help readers make meals fast and keep them fit.

The recipes come from FoodFit.com's award-winning healthy living website (www.foodfit.com), and they have already gotten rave reviews from the site's millions of visitors. It's no wonder--the recipes were created by nationally recognized chefs such as Alice Waters, Charlie Trotter, Eric Ripert, and many more. But the best part of Fast & Fit is its hands-on approach to making easy meals quickly. With ideas for easy everyday meals and casual weekend suppers, menus for holidays and parties, a personal menu planner, and shopping lists--all in a format so easy to use it will never leave your kitchen counter.

作者介绍:

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