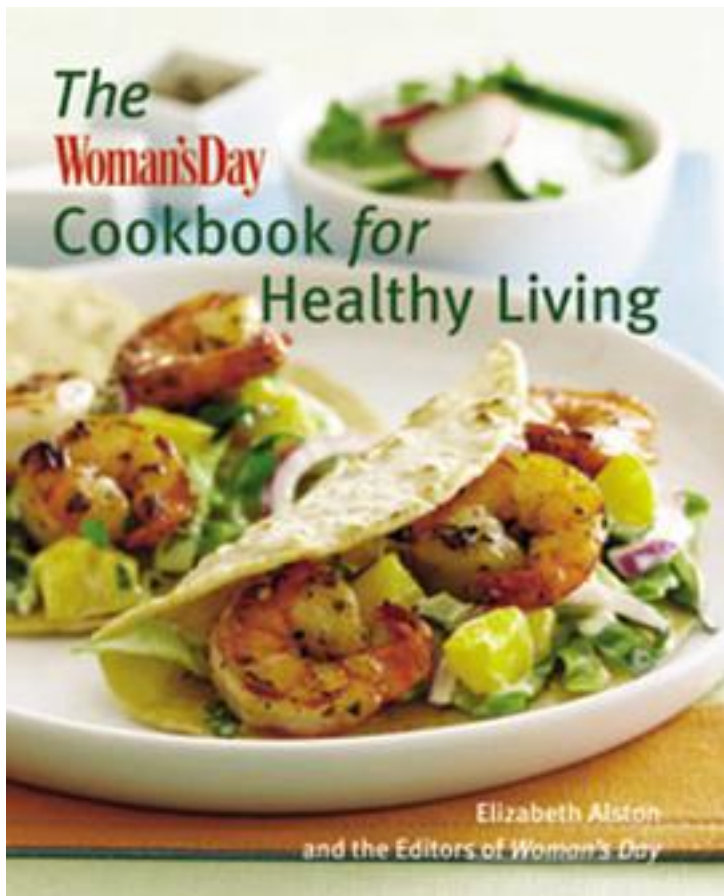


"Woman's Day" Cookbook for Healthy Living



["Woman's Day" Cookbook for Healthy Living_ 下载链接1_](#)

著者:Alston, Elizabeth

出版者:

出版时间:2008-10

装帧:

isbn:9781933231426

Packed with nutritious and mouth watering recipes straight from the trusted editors of "Woman's Day", each recipe includes nutritional information and cooking times. The recipes are conveniently organized by ingredients and use multiple cooking methods including grilling, steaming, and sauteing, so you'll want to try every dish. This is the

perfect cookbook for anyone looking for low-sodium, low-fat, and low-sugar meals without sacrificing flavour and ease. It even features a dessert section that is perfect for lovers of sweets. With so many simple and tasty recipes as well as exercise tips and sections on healthy cooking methods this guide to healthy eating is sure to become an essential resource for anyone seeking a well-balanced lifestyle.

作者介绍:

目录:

["Woman's Day" Cookbook for Healthy Living_ 下载链接1](#)

标签

评论

["Woman's Day" Cookbook for Healthy Living_ 下载链接1](#)

书评

["Woman's Day" Cookbook for Healthy Living_ 下载链接1](#)