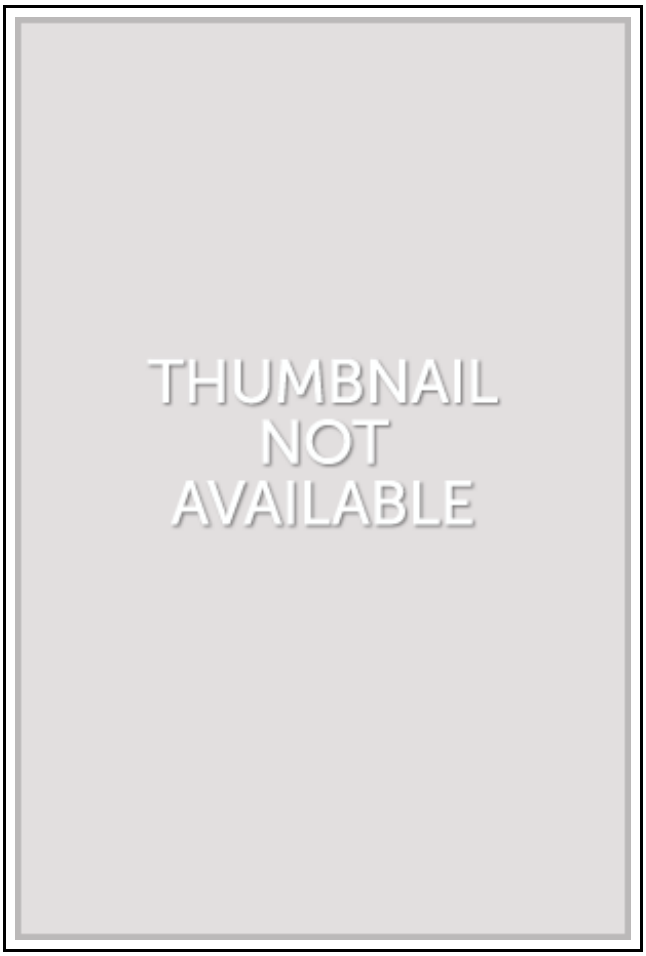
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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.From the Best Selling author, Linda Westwood, comes Clean Eating: 40 Dinners That Are Under 400 Calories! This book will completely change your cooking! Not only are the recipes amazing - but they are QUICK, EASY HEALTHY! If you feel like you need to spice up your cooking. If you feel like your family might be looking to eat something else. Or if you just enjoy cooking and want to try something new. THIS BOOK IS FOR YOU! This book provides you with 40 Dinner Recipes Under 400 Calories that will turn you into AN AMAZING cook in just days! It comes with the recipes, ingredients, and all the steps you need to know! Are you ready to spice up your cooking and become a master chef in your own kitchen? Then check out these Clean Eating Recipes, and start cooking like a master TODAY! Some of the recipes include: Sauteed Asparagus with Grilled Fish Tomato Risotto with Rosemary and Basil Traditional Asian Chickpea Salad Grilled prawns and Brown Rice with Green Chutney Bran Bread Chicken Sandwich Grilled Zucchini and Carrots with Mushrooms Roasted Tomatoes with Chickpeas Black Beans with Chicken and Cumin Chopped Salad al Tonno Grilled Eggplant Panini Greek Salad with a Twist Spicy Prawns with Lemon and Peppers Baked Salmon with Lemon Zest Roasted Halibut with Orange and Banana Relish Seiten with Stir Fried Vegetables Paprika Shrimp and Green Beans Saute Italian Sausage and Zucchini Pasta Steak Tacos No-Cheese Pizza No-Cheese Lasagna Linguini with Diced Chicken Sweet and Sour Tofu Cashew-Pea Stir-Fry Hot and Sour Carrots Broccoli Coated with Black Bean Sauce Mini Carrots Glazed with Honey and Butter Spinach Cakes with Parmesan and Cottage...

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