

Muffins Fast And Fantastic

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health and fitness guide includes dvd rom in the back of the book in a plastic sleeve the fast fat loss plan is a no nonsense guide to losing weight through eating healthy unprocessed foods and performing exercise

discover how you can put a delicious healthy and satisfying dinner on the table in only fifteen minutes acclaimed nutritionist jonny bowden ph d c n s and personal chef and nutrition educator jeannette bessinger c h h c have created more than 150 nutritious recipes that can be made in minutes they will turn out so great tasting you'll never need to toil in the kitchen for hours again chef jeannette offers suggestions for fast tasty and healthy side dishes to complete your meal as well as quick variations and substitutions that infuse these recipes with variety while dr jonny explains how they made these easy recipes healthy savor the grilled cayenne honey drumsticks and citrus jicama salad ten minute flounder with lemon basil butter and almonds and gorgonzola beef with spinach pears and walnuts enjoy the sublime camembert quesadilla with melon salsa or the dark chocolate ricotta dream with strawberries the recipes in this book will please every palate from meat lovers to vegans and can be made by both beginner and veteran home cooks the

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