

Healthier Together



Recipes for Two—
Nourish Your Body,
Nourish Your Relationships



Liz Moody

* Healthier Together: Get in the Kitchen with Your Partner, Friends, or Coworkers--Look and Feel Amazing *



Books Details

Author : Liz Moody Pages : 240 pages Publisher : Clarkson Potter Publishers Language : ISBN-10 : 0525573275 ISBN-13 : 9780525573272

Books Descriptions

With 75 exciting, whole food recipes, Liz Moody proves that eating healthy is delicious, attainable, and fun. Healthier Together unites people in and out of the kitchen--and helps you hold yourself accountable. Healthier Together is the new anti-diet, plan-agnostic healthy eating bible that promises easy-to-make recipes with a fun twist: all of the recipes are designed to be cooked, eaten, and enjoyed by two people, whether with a friend, a significant other, a sibling, or even a coworker. Organized by traditionally social meals and shared foods, like brunch, snacks, and dinner, this book knows setting goals with others is the key to achieving success and changing habits so

eating well is effortless. For home cooks looking to jumpstart their healthy eating habits, try the Healthier Together 21-Day Clean Up and have more energy, sleep better, experience fewer mood swings, and get glowing skin just a little bit quicker. With recipes chock-full of hot-button, glow-inducing ingredients



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