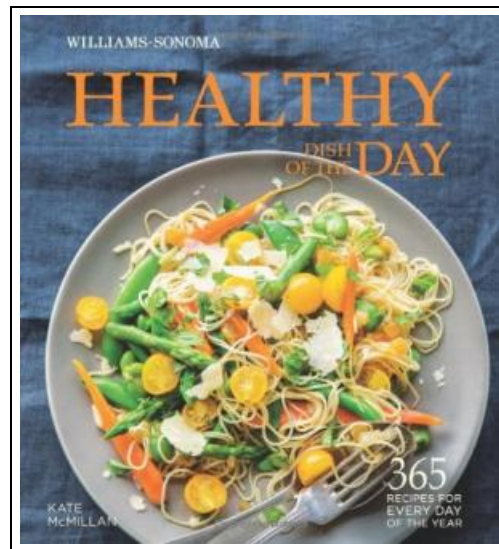


Healthy Dish of the Day (Hardback)



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Reviews

This book may be worth buying. I have read and i am confident that i am going to planning to go through once more once again in the future. Its been written in an exceptionally easy way and it is simply soon after i finished reading this publication in which actually altered me, modify the way i believe.

(Faye Shanahan)

HEALTHY DISH OF THE DAY (HARDBACK)



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Weldon Owen, 2014. Hardback. Condition: New. Language: English . Brand New Book. What if a healthy lifestyle was as simple as incorporating one health-packed meal a day? Kate McMillan makes that possible with her latest book - Healthy Dish of the Day. Healthy Dish of the Day offers daily culinary inspiration for eating one healthy meal every day to keep you on the road to a healthy lifestyle. When you eat meals packed with superfoods, healthy fats, and sensible proteins, there is no need to count calories to be sure you are eating well. Organized by month, and featuring one recipe for each day of the calendar year--365 total--this book makes eating healthfully easy by taking the guesswork out of healthy meal planning. The recipes are diverse--from soups and salads, stir-fries and sandwiches, pastas and curries, and more. Each meal is packed with healthful ingredients like garden-fresh vegetables, fish, lean meats, whole-grains, rustic pasta dishes, protein-rich legumes and tofu. Lavish photographs and a colorful graphic design showcase delicious every recipe can be. An appetizer of what lies ahead: Seared brussels sprouts with citrus and seared scallops Turkey meatball, spinach farro soup Flank steak rolls stuffed with asparagus pesto Artichoke-ricotta ravioli in light broth with pea shoots Quinoa with grilled salmon warm parsley vinaigrette Sweet potato pinto bean enchiladas Grilled calamari salad with white beans and salsa verde Grilled pizza with hummus rosemary-grilled summer squash Black bean-jalapeno burger with avocado mash Pulled chicken sliders with jicama-apple slaw Shrimp cabbage tacos with pico de gallo Asian-Style Tofu, Rice, and Broccoli Salad.



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