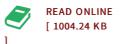


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## KewlBites: 100 Nutritious, Delicious, and Family-Friendly Dishes

By Reed Alexander

Rodale Press. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.8in. x 7.5in. x 0.6in.As a busy teen star, Reed Alexanders life is a balancing act. Several years ago, as he juggled career commitments and school, he lost sight of how to eat right, became overweight, and as a result, was exhausted and lethargic. Too tired to keep up with his hectic schedule, he decided to reclaim his health by changing his diet. A can-do guy, his first step was to learn how to cook for himself. Unable to find any recipes suited to a teenagers tastes, he rolled up his sleeves and set to work in his kitchen, developing healthy versions of the foods he loves. Along the way, he became a dedicated cook, sharing his culinary discoveries with his fans and friends on his Web site, KewlBites. com. Since then, Alexander has gained a cultlike following of both teen cooks and their parents. Inspired by the number of lives he has touched, Alexander has created 100 slimmed down, kid-tested, mother-approved alternatives for the foods teens love. In KewlBites(TM), Reed Alexaner improves the health profile of such standard teen fare as sliders, chips, chicken fingers, tacos and fries, and...



## Reviews

Simply no phrases to clarify. It is really basic but surprises from the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

## -- Mr. Noah Cummerata IV

The ideal ebook i actually study. It usually does not expense too much. You wont really feel monotony at at any time of your own time (that's what catalogs are for relating to should you request me).

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