



100 Days of Real Food: Fast Fabulous: The Easy and Delicious Way to Cut Out Processed Food (Hardback)

By Lisa Leake

HarperCollins Publishers Inc, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. In her first cookbook, 100 Days of Real Food, Lisa Leake revealed how simple it is to think out of the box in the kitchen by replacing unhealthy prepackaged and processed foods with real food -mouthwatering meals made with wholesome and familiar ingredients. Now, Lisa is back with 100 quick-and-easy recipes and simple cheat sheets that will work with every family s busy lifestyle. 100 Days of Real Food: Fast Fabulous gives Lisa s devoted fans and newcomers exactly what they want, quick and tasty favorites for breakfast, lunch, dinner, dessert, and even snacks that are a snap to make. Inside you ll find recipes sure to please everyone, from Cinnamon Raisin Scones, Couscous and Tomato Salad, and Corn Muffins to Citrus Salad With Crispy Quinoa, Honeydew Green Smoothie, and Slow Cooker Black Bean Soup to Easy Fish Tacos, Parmesan Crusted Chicken, and Chocolate Banana Pops. While some dishes are blog favorites, seventy-five percent are brand new. Along with these family-friendly recipes, 100 Days of Real Food: Fast Fabulous incorporates ideas for adult, big-kid, and little-kid packed lunches and new seasonal meal plans and shopping...



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Reviews

An extremely awesome publication with lucid and perfect explanations. It is actually written in basic phrases rather than confusing. You will like how the writer publishes this book.

-- **Melody Jakubowski**

This pdf may be really worth a read, and superior to other. It generally does not price too much. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dylan Schaden**