

A vertical collage of four food images. From top to bottom: a close-up of a pizza with melted cheese and toppings; a burger with lettuce, tomato, and cheese on a bun; a burrito filled with chicken, vegetables, and cheese; and a bowl of green salad with lettuce and tomatoes.

5  
easy & healthy  
recipes

FOR BEGINNER COOKS

# Healthy Recipes For Beginners

**Brendan G. Carr**



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