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# Healthy Recipes Guide

**Patrick Barrett**



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Biswas, The Whole 30 cookbook, 2017-03-22 Planning dinner can be half the battle of cooking healthy meals for you and your family We ve picked out 30 deliciously healthy recipes that will make getting dinner on the table easy Have fun cooking

*How to Cook Healthy Recipes* Patrick Barrett, 2012-11-01 How To Cook Healthy Recipes is a book designed for people who want to take advantage of the many health benefits of home cooked meals but who aren t comfortable enough in the kitchen to pull it off Many of us lead busy lives and at the end of the day the temptation to save time by eating prepared foods can be overwhelming Unfortunately those prepared foods from restaurants as well as grocery stores are more than likely loaded down with undesirable food additives Remember that food additives like artificial colors and flavorings texture enhancers and stabilizers are put into foods not for food reasons but for business reasons They re designed to make food look more attractive or last longer on the shelf These are substances that your body isn t made to handle and doesn t know what to with and the more you rely on food made by other people the more likely it is that these undesirable substances are building up in your body on a daily basis The only way to break this cycle is to take the time to learn to cook meals in your own home If you can get comfortable in the kitchen making delicious and healthy meals that don t take too long to prepare you can get into the routine of eating more wholesome food on a regular basis which means protecting your body from all of those industrial food additives that go along with prepared pre seasoned and packaged foods How To Cook Healthy Recipes will teach you how to do just that You ll get an introduction to the basics of the kitchen including the following information Tools you ll need to be able to work efficiently as well as safely Techniques you ll use to make your meals More than two dozen simple recipes with tips on how to tweak them Tips on experimenting with new spices and flavors How to make your own stock and what kind to buy if you don t want to make it Which additives and ingredients to avoid when cooking How to change any recipe to minimize your food additive intake If you re committed to being as healthy as possible you need to learn to cook your own meals This book will teach you all the basics you need to prepare healthy wholesome natural meals in your own kitchen on a daily basis Even if you ve never cooked in your life there s no reason to be intimidated just pick up a

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