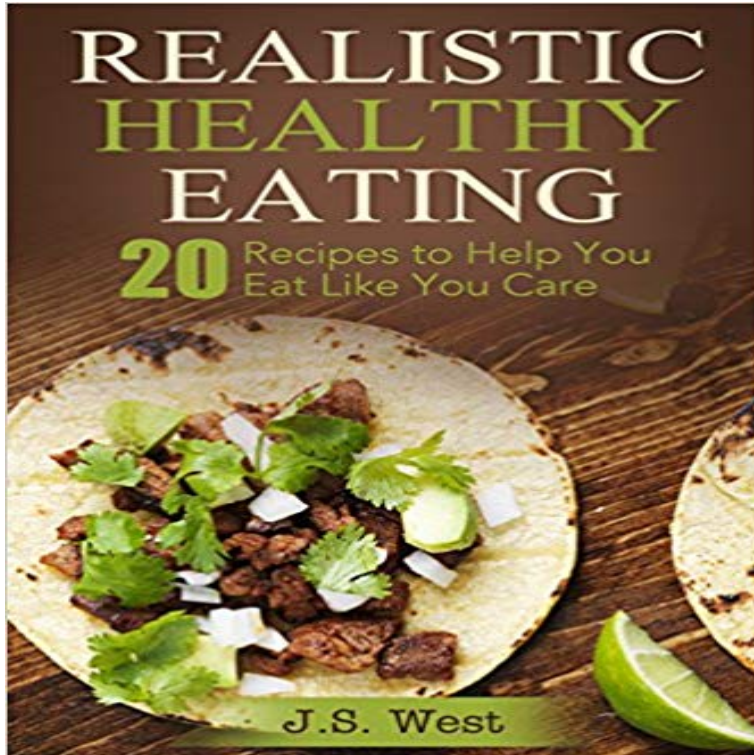


Eat Like You Give a f: Realistic Healthy Eating 20 Recipes to Help You Eat Like You Care



After reading this book you will learn all about on how to Eat Like You Care The Health and Wellness Benefits Will Be Incredible! SPECIAL OFFER - OVER 70% DISCOUNT LIMITED TIME ONLY \$2.99! (Regularly priced: \$6.99) This book is here to help you learn to eat like you care. What does that mean, exactly? In short, it means that you will know how to eat healthy without going overboard on your budget, the amount of time you spend, or the crazy ingredients you have to hunt down to prepare fancy recipes that fit into some fad program that is currently popular. When you have finished reading this book, you will be thoroughly prepared to eat like you care about your body, your mind, your health, and yourself. This book is also here to help you learn how to cook like you care. Its true that you may not know how to prepare healthy dishes easily and affordably. Many people dont, and the information is pretty hard to come by. But with the help of this book, you will soon become a master chef in your own kitchen, prepared with all the stuff you need to make delicious food youll want to eat again and again. Your days of stopping for fast food every day are soon to be over! This book is also here to supply you with plenty of tasty recipes that are perfect for beginners as well as those who already know how to cook. The recipes are written in such a way so as to be easy to follow for those who have never cooked much before, but theyre also delicious enough that anybody will want to make them. No matter who you are or where you stand on the cooking spectrum, you will find something you want in this cookbook! Last but not least, youll find helpful information in this book listing all of the cookware, utensils, and basic ingredients you need to keep on hand in order to have a kitchen that is fully prepared for anything you might throw at it. Enjoy! This is A Preview Of What Youll Learn how to eat

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