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# The Easy 5-INGREDIENT HEALTHY COOKBOOK

**SIMPLE  
RECIPES**  
to Make  
Healthy Eating  
Delicious

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*Bestselling author of The Healthy Meal Prep Cookbook*



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Toby Amidor

# The Easy 5-Ingredient Healthy Cookbook: Simple Recipes to Make Healthy Eating Delicious



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That's why authorized dietitian nutritionist and bestselling healthful cookbook writer, Toby Amidor, created The Easy 5-Ingredient Healthy Cookbook. Your complete healthy cookbook for hassle-free, nutritious meals, THE SIMPLE 5-Ingredient Healthy Cookbook contains: 150 no-fuss recipes only using 5 easy-to-find main ingredients per meal. Quick, no-mess meals requiring only 30-minutes to make or one-pot. Healthy cooking bonus tips including meal planning guidelines and grocery shopping advice which are unique to this healthy cookbook. A healthy cookbook with a straightforward solution to nutritious meals? The Easy 5-Ingredient Healthy Cookbook can help you eat well even when you're busy. From the trusted nutritionist behind the bestselling healthy cookbook on meal prep comes THE SIMPLE 5-Ingredient Healthy Cookbook? your next course in healthy meals produced super simple. With really simple 5-ingredient dishes? many of which are ready to eat in 30 minutes or need just one cooking vessel? The Easy 5-Component Healthy Cookbook can be your answer to eating healthful on a hectic schedule. Keeping balanced foods on the table could be tough when you're busy.



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You actually cook out of this book! I cannot wait to start out cooking. This is simply not the type of cookbook you'd put on your coffee desk. Rather, it is the kind you use to make your grocery list and also cook from. Cook book Looking such as a good cookbook too try easy directions low substances going to trying the majority of the recipes. Quick, using few ingredients, just like it promised; and not boring or bland. My duplicate is digital, but any hard duplicate would be quickly dog-eared and frayed by constant use. Fast and healthy dishes using pantry staples I had pre-ordered mine and it just arrived today! Most of the dinners we have made worked out using this book. My clients love it! What a fun shock to get in the mail today. I like the advice which items freeze especially well and how to re-heat them at mealtime. Next up is the turkey bolognese! Appreciate this cookbook and the simple and healthy recipes Love this cookbook and the simple and healthy dishes. Makes things easier. Steps are not detailed enough. I really like all the veggie sides like roasted asparagus, lemony green coffee beans and the spicy broccoli. Quick and simple to cook The book provides good recipes but steps are sometimes not well thought out. Often the dressings aren't enough for the amount of vegetables or meats to make. I'm usually afraid to try new dishes because they distract me and it never turns out right, but this cookbook has lots of basic and delicious quality recipes to select from. In reality, I was able to whip up the egg muffins immediately. I purchased this publication as a tool for my busy clients, who see me for weight reduction, prediabetes, diabetes and center health diet instruction and training. They love it! Therefore many easy and tasty recipes, including lots and lots of nonmeat recipes! Thanks Real Dinners from Now On I really like how simple the majority of the dishes are! In fact it is so easy to swap what you already have versus buying brand-new ingredients. With just a little one at home, these fast, 5-ingredient recipes are Ideal and I currently have most of the ingredients in my own pantry and refrigerator. And it creates prepping for the simple much easier. Love the variety of recipes and taste. Love this cookbook. Easy instructions and I like the limited ingredients that you need. I hate cooking because my kids always whine/bother me while I'm trying to make. Even my children liked the recipes! I love the stories and guidelines that go with the recipes. Easy Recipes This cookbook was written well. The recipes have simple substances and appear easy to put together. Not worth the 99 cents Most recipes are on-line. We downloaded this cookbook for a buck and discovered an amazingly user-friendly collection of recipes and notes.



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