



HAPPY HERBIVORE

light & lean

OVER 150 LOW-CALORIE RECIPES WITH WORKOUT PLANS FOR LOOKING AND FEELING GREAT



Lindsay S. Nixon

**Happy Herbivore Light & Lean: Over 150 Low-Calorie
Recipes with Workout Plans for Looking and Feeling
Great**



[continue reading](#)

With easy, no-fuss recipes, the bestselling Happy Herbivore cookbooks show how easy, affordable, and delicious eating healthy could be. But this time around, Nixon takes healthful to an all-brand-new level, with low-calorie, satisfying foods that may help you reach your weight-loss goals— for the body with basic exercises, plus tips and tricks that will inspire you to move more for a trimmer, more-toned you. Like all Happy Herbivore cookbooks, Happy Herbivore Light & Lean contains filling, flavorful, plant-based quality recipes that take 30 minutes or less to prepare. Now, in her most recent cookbook, Content Herbivore chef Lindsay S. Happy Herbivore Light & Lean keeps it healthy, keeps it basic, and keeps it delicious. True to its title, Content Herbivore Light & Lean also contains “recipes" Nixon provides dishes that put a special emphasis on weight-loss and a couple of exercises that, like her dishes, are quick, easy, and produce great results. As always, Happy Herbivore Light & Lean quality recipes are free from oils, processed food items, and diet chemical substances such as for example artificial sweeteners. and with no deprivation.



[continue reading](#)

