



Lunch & Dinner Delicious Nutrient-Rich Recipes (Volume 2)

Ritah M Ratidzai

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This is Book Two of the Delicious nutrient rich recipes. The series present healthy recipes with detailed Nutritional Information covering: Servings Per Recipe, Amount Per Serving, Calories, Total Fat, Cholesterol, Sodium, Total Carbs, Dietary Fiber and Protein This BOOK TWO covers recipes for LUNCH AND DINNER. A healthy diet will minimize your risk of acquiring many of the chronic diseases currently plaguing the world. Good nutrition improves the overall function of all aspects of the human body, from the way your blood flows to your ability to sleep. These recipes taste good, this book emphasizes recipes that not only are healthy but taste great, which is why I can say, “Eat well. Live healthy Enjoy life.” So dig in — turn the page, select a tasty recipe and start today on a path to a delicious, nutrient rich, happier life.



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