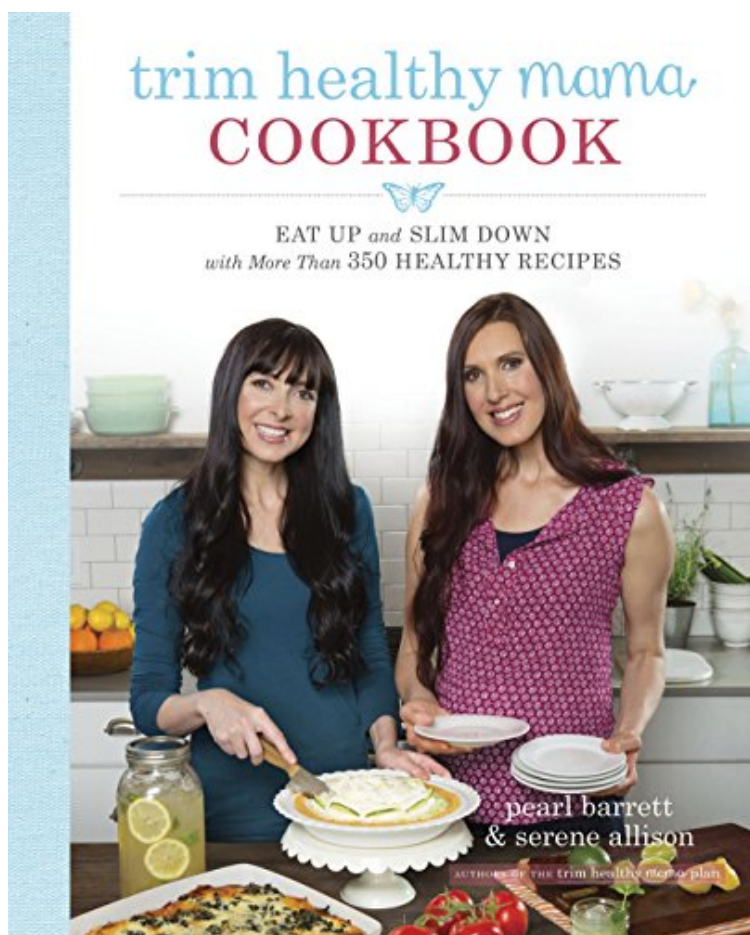


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Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes



Par Pearl Barrett, Serene Allison
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Dtails sur le produit Rang parmi les ventes : #289598 dans eBooksPubli le: 2015-09-15Sorti le: 2015-09-15Format: Ebook Kindle

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Par Pearl Barrett, Serene Allison : **Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes:

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Description :

Prsentation de l'diteurIn their debut cookbook, the Trim Healthy Mamas share hundreds of delicious, healthy recipes to help readers successfully slim down while eating well. This companion cookbook to the bestselling Trim Healthy Mama Plan is just what readers have been waiting for. It features simple, mouthwatering, recipes for breakfast, lunch and dinnerincluding slow cooker and one-pot meals, hearty soups and salads, omelets and waffles, pizzas, breads and more. No Trim Healthy Mama should be deprived, so there are also favorite snacks, delectable desserts, and the smoothies, sippers and teas fans love. With pantry-stocking advice, time-saving tips, and information on how to cook for the entire family, the Trim Healthy Mama Cookbook offers a delicious and nutritious way to make trim and healthy meals with less stressso you have more time with your loved ones.Prsentation de l'diteurIn their debut cookbook, the Trim Healthy Mamas share hundreds of delicious, healthy recipes to help readers successfully slim down while

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