

Super Fast Food: No Chef Required! (Hardback)



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Reviews

Complete guideline for publication fans. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Llewellyn Terry)

SUPER FAST FOOD: NO CHEF REQUIRED! (HARDBACK)



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Juice Master Publications, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Jason Vale - the world's number one name in juicing - brings you his first ever wholefood recipe book, Super Fast Food! Packed with over 100 truly inspirational recipes, from incredibly healthy superfood breakfasts - that go beyond just juice! - to brownies to die for! You'll find healthy versions of all the classics from pizza to pasta to risotto and even a healthy veggie burger and fries! As you would expect, the book is also bursting with super salads, super soups and amazing fish recipes. Whether you're a vegan, veggie or pesci there's something for everyone! This is also the perfect book for anyone who has just finished one of Jason's Juice Challenges and is looking for some inspiration. Jason believes that the whole business of healthy eating has been overcomplicated. This is why you won't find any strange ingredients that can only be found in an Amazonian rainforest! You also won't need to go to any specialised food shops for any of his recipes and anyone can make these simple, delicious, nutrient packed superfood meals. Jason's fifteen years of experience writing health books comes into its own in this refreshingly uncomplicated look at healthy meals.

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