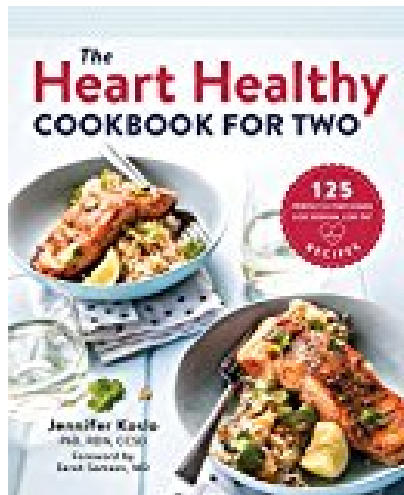


The Heart Healthy Cookbook for Two 125 Perfectly Portioned Low Sodium Low Fat Recipes



BOOK DETAILS

- Author : Jennifer Koslo PhD RD CSSD
- Pages : 218 Pages
- Publisher : Rockridge Press
- Language : English
- ISBN :

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BOOK SYNOPSIS

Your lifestyle is your best defense against heart disease. With *The Heart Healthy Cookbook for Two* you'll both enjoy wholesome, nourishing meals specifically designed for optimal heart health. Following a heart healthy diet is just one of the aspects involved in caring for your heart. Yet, for many, it is the most stressful. But sticking to a healthy eating plan shouldn't mean agonizing over complicated recipes, enduring never-ending leftovers, or wasting ingredients and time. When cooking with heart health in mind, portion sizes are just as important as ingredients. Cardiac dietician and renowned nutrition expert Jennifer Koslo has mastered this dilemma to offer a comprehensive yet easy-to-follow heart healthy cookbook. Recipes intended for four to six can have unwanted consequences for both your wallet and your waistline, but *The Heart Healthy Cookbook for Two* leaves all of that behind and delivers perfectly portioned meals every single time. Whether you have a current heart condition or are working towards prevention, *The Heart Healthy Cookbook for Two* provides the help you need to get the results you want by offering: Perfect-fo-two portions that help you say "goodbye" to the guesswork of halving recipes and confidently prepare quick, appropriately-portioned meals Clear explanations of what "heart healthy" really means so you learn what to eat and what to avoid 125 delicious, nutrient-rich recipes plus smart tips to make the best use of fresh ingredients A suggested four-week meal plan to get started right away Recipes designed for four to six can have unwanted consequences for both your wallet and your waistline. *The Heart Healthy Cookbook for Two* leaves all of that behind and delivers perfect portions every single time.

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