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# STUDENT COOKBOOK -- HEALTHY EATING: THE ESSENTIAL GUIDE



Need2Know. Paperback. Book Condition: new. BRAND NEW, Student Cookbook -- Healthy Eating: The Essential Guide, Ester Davies, How can you eat healthily on a budget? What should you eat at exam time? What foods will help you tackle stress? Late nights out, early morning lectures; the busy life of a student doesn't always lend itself to healthy eating. But eating takeaways and snacking on fast food isn't the only way to survive university. This student cookbook will help you prepare...

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- Authored by Ester Davies
- Released at -



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