



Daniel Fast Recipes in 15 Minutes or Less: Breakfast, Lunch, Appetizers, Dips, Seasoning, Lunch and Dinner Recipes

By John C Cary

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.What You Will Find In This Book? If you are tired of eating takeout, but between your work and family you do not have enough time to focus on cooking a meal for an hour or so? Well, the 50 Daniel Fast Recipes in 15 Minutes or Less can definitely prove to be a lifesaver! Processed foods are very convenient and take less time to make but they cannot be considered healthy options; after all, you want the best for yourself and your family. It s not about treating yourself by engaging in a homemade, healthy diet, it is about having a better outlook and feeling refreshed. If you are feeling tired after a whole day s work and you re looking at ordered pizza or take out to eat at the end of the day, then you will feel even more tired and sluggish the next day. This leads to a domino effect of feeling unhealthy. However, with these quick and easy recipes, you will be left refreshed and full of energy! And who...



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