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## The Hungry Healthy Student Cookbook: 200 Quick and Easy Recipes

By Spruce

Spruce. No binding. Condition: New. 256 pages. A student cookbook with a difference, The Hungry Healthy Student offers a choice of more than 200 quick, cheap and easy recipes, meaning more money in your pocket and more time to play! All the recipes have a healthy focus which means increased brain power and more energy to enjoy student life to the full. There are also indispensable tips on healthy habits, mood boosters, free ways to get fit and takeaway alternatives. With chapters dedicated to Breakfast and Lunchbox; Healthy and Hearty; Good Grains, Beans and Pulses; Super Salads, Snacks and Sides; Make it Light and Sweet Alternatives, there are recipes whether you want food on the go, for impromptu parties, or just comfort food and delicious treats for a night in. All the recipes in this book are balanced for a healthy diet, and they each have an affordability stamp to help with budgeting, as well as detailed instructions to make them accessible to even the most novice cook. Forget the textbooks, this is the only book you'll ever need to get through your first year! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Flexibound.



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Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This isnt porn. Everyone always asks and some of our family thinks it is for sure.but its not....



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