

60 Recipes To Help You Prepare The Healthy Meals

Are you looking for healthy recipes that are easy to follow and use simple, affordable ingredients? If so, then this book is for you!



Lebanese Cuisine: 60+ Recipes To Help You Prepare The Healthy Meals: Lebanese Main Dishes

by BookSumo Press

★★★★☆ 4.3 out of 5

Language : English
File size : 3430 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Print length : 111 pages
Lending : Enabled



This book contains 60 recipes that will help you prepare healthy meals for yourself and your family. The recipes are divided into six chapters, each of which focuses on a different type of healthy eating. The chapters are:

- **Chapter 1: Breakfast**
- **Chapter 2: Lunch**
- **Chapter 3: Dinner**
- **Chapter 4: Snacks**

- **Chapter 5: Smoothies**
- **Chapter 6: Desserts**

Each recipe includes a full-color photograph, a list of ingredients, and step-by-step instructions. The recipes are also labeled with the following icons:













Whether you are looking for a quick and easy breakfast recipe, a healthy lunch to take to work, or a delicious dinner to impress your family, this book has something for you. So what are you waiting for? Free Download your copy today and start cooking healthy meals!

Testimonials

"This book is a lifesaver! I'm a busy working mom and I don't have time to cook elaborate meals. But with this book, I can find healthy recipes that are quick and easy to make." - **Sarah J.**

"I'm a vegetarian and I'm always looking for new recipes. This book has a great selection of vegetarian recipes that are both healthy and delicious." - **Emily K.**

"I'm on a keto diet and I'm always looking for new recipes that fit my diet. This book has a lot of great keto recipes that are both satisfying and healthy." - **John L.**

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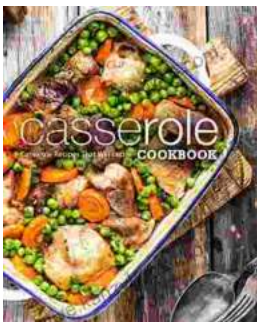
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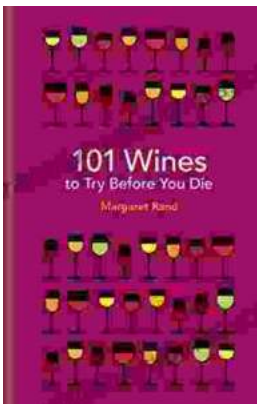
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