



Holly Clegg's trim&TERRIFIC KITCHEN 101: Secrets to Cooking Confidence: Cooking Basics plus 150 Easy Healthy Recipes

Holly Clegg

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IF YOU'RE LOOKING FOR SIMPLE, HEALTHY & DELICIOUS RECIPES, KITCHEN 101 IS HOLLY'S "EASIEST OF EASY "COOKBOOKS!!! Easy 30-minute recipes and most are 10-ingredient recipes (also includes recipes) to start you cooking!

- *Crock Pot Cooking Recipes* Chapter
- *Ready-Made Menus* Chapter
- *Rotisserie Ready Chicken* Recipes
- Symbols highlight *Diabetic-Friendly* Recipes (ADA guidelines)
- 150 Easy-To-Make Recipes with Color-Photographs
- Nutritional Information & *Terrific Tips*

You'll love the *Cooking Basics Chapter* for as a great kitchen reference guide.

Awards

Gold Recipient of prestigious Mom's Choice Award

Award-Winner in 'General Cookbook' category of 2012, sponsored by USA Best Book Awards, with USA Book News

Whatever your stage of life, if you're ready to take on cooking, KITCHEN 101! Holly Clegg will guide you through the kitchen with easy recipes and the basic tools and tips you need to cook healthier. Over 150 simple, practical, quick and super-satisfying healthy recipes with full-color photographs. Chapters like Cooking Basics, Start Simple, Fix It Fast, Ready-Made Menus and Crock Pot Cooking plus Diabetic Friendly options and nutritional and dietary information.

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Benjamin Nation:

People live in this new morning of lifestyle always make an effort to and must have the extra time or they will get lots of stress from both way of life and work. So , when we ask do people have free time, we will say absolutely yes. People is human not just a robot. Then we consult again, what kind of activity do you have when the spare time coming to you of course your answer will probably unlimited right. Then do you ever try this one, reading guides. It can be your alternative within spending your spare time, the actual book you have read is Holly Clegg's trim&TERRIFIC KITCHEN 101: Secrets to Cooking Confidence: Cooking Basics plus 150 Easy Healthy Recipes.

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Elizabeth Morris:

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