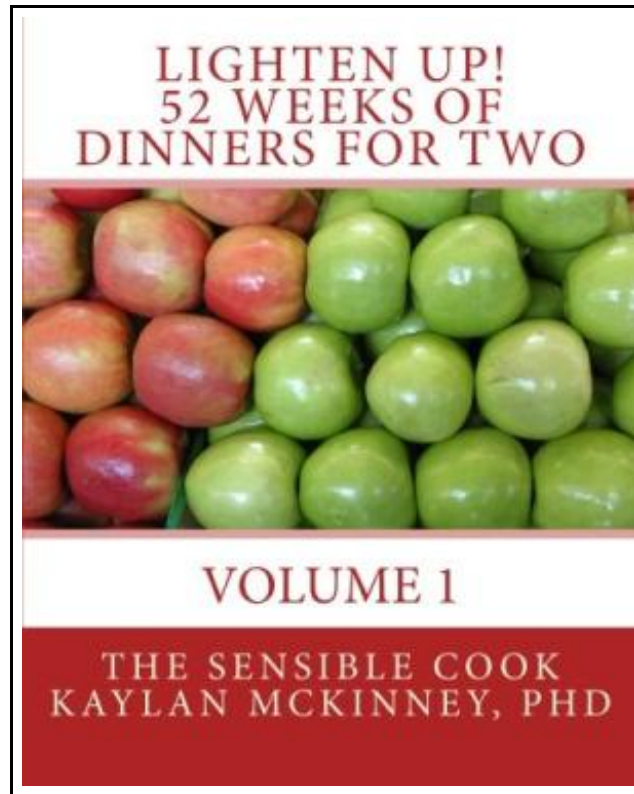


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Mindset Publishing, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. Lighten Up! is about taking a lighter approach to regular meals in an easy, practical way. Eating healthier doesn't have to be difficult, expensive, time consuming, restrictive, or bland. Eating healthier is really just a matter of making adjustments and better choices so that it's easy to do and becomes natural. That's the surest way to incorporate healthier choices as part of a lifestyle. The recipes in this cookbook have been chosen for taste, ease of preparation, and cost. It's a balance of incorporating fresh ingredients, convenient ingredients, and common ingredients. Most recipes are designed for two servings, and the servings are typically generous in size while still being gentle to the waistline. This cookbook also works great for single people! Simply cook the recipe, enjoy one serving at dinner, and have the leftovers the next day for dinner or lunch. Some leftovers will even freeze well, so you can create your own healthy frozen meals and reduce the time you spend cooking. By planning out healthy dinners, it makes it easier to succeed at being healthier. For that reason, 52 weekly meal plans are included in this cookbook along with the matching grocery lists which are organized by aisle and food category, which gets you in and out of the store fast and saves money! The grocery lists are in the back of this book and are also available on line at if you want to print off a copy and take your list to the store with you. You get: 52 weeks of meal plans 52 weeks of grocery lists 260 dinner recipes Plus simple cooking guides This cookbook makes...

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