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Easy healthy food recipes. Explore our selection of delicious healthy recipes that are packed with the good stuff and don't compromise on flavour. Whether you're after a crunchy noodle salad, a light pasta dish or a veg-packed soup, we've got you covered. For tips on maintaining a healthy balanced diet, check out our nutrition guide here.

Easy healthy meal ideas | Healthy recipes | Jamie Oliver
Fitness Gourmet PH Inc. offers healthy diet meal plans and delivers

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level and calorie-controlled meals since 2013. We have been a trusted wellness and fitness partner by several individuals and institutions for more than 5 years already. We currently deliver to all parts of Metro Manila and some parts of Cavite and Rizal

About Us | Fitness Gourmet PH

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Healthy Recipes. The food we eat has a powerful effect on our physical and mental health. This is why I focus on nutritious, wholesome recipes, cooked from scratch, using wholesome ingredients. This is food that will make you feel like the best version of yourself. If you want to get tips on your fitness and well-being, visit my Blog page.

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Packed with nutrition-savvy gourmet dishes that are simple to prepare, delicious to eat and come with variations to suit your life and goals. Fitness Gourmet's straight-talking approach combined with nutritional know-how is proven with elite athletes and sportspeople, as well as celebrities. And now their system of creating

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Our collection of Fit Food recipes inspired by Gordon Ramsay ' s recipe book Ultimate Fit Food, will provide you with healthy nutritious dishes that are as delicious as they are good for you.

Southern Indian Fish Curry This is a lightly spiced, creamy curry with a delicately sweet-and-sour flavour that is popular in the southern regions of India.

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Recipes. Whether you ' re looking for big Sunday lunch menu

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inspiration, or need to find some healthy ideas for storecupboard ingredients (take a look at the recipes you can make with one tin of tomatoes!). Fear not. We ' ll have a carefully written recipe to suit you. They ' ve all been tested by the expert food team at delicious. so we know they ' ll work first time for you.

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Healthy Recipes. The food we eat has a powerful effect on our physical and mental health. This is why I focus on nutritious, wholesome recipes, cooked from scratch, using wholesom

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Soulmatefood ' s straight-talking approach combined with nutritional know-how is proven with elite athletes and sportspeople and their system of creating tailored menus is now available to everyone. Split into two parts, the first offering information helping you become nutrition savvy; and the second offering a wealth of vibrant, delicious recipes so you will want to cook the dishes this is the perfect cook book to compliment your active lifestyle. Each recipe can be done one of three ways: for losing weight (Burn), for vitality (Balance) and for building lean muscle/training (Build). The main part of the recipe is the same for all versions, with different serving suggestions given depending on your ultimate goal. ???Healthy, mouth-watering and easy-to-make recipes have been designed so that every tasty mouthful delivers a nutrient-dense punch.

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Soulmatefood ' s straight-talking approach combined with nutritional know-how is proven with elite athletes and sportspeople and their system of creating tailored menus is now available to everyone. The book has two parts: the first section offers information so you, too, can become nutrition savvy; the second part offers a wealth of vibrant, delicious recipes so you will want to cook the dishes. Each recipe can be done one of three ways: for losing weight (Burn), for vitality (Balance) and for building lean muscle/training (Build). The main part of the recipe is the same for all versions, with different serving suggestions given depending on your ultimate goal. Healthy, mouth-watering and easy-to-make recipes have been designed so that every tasty mouthful delivers a nutrient-dense punch.

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Fitness gourmet proposes a singular method to create personalized menus based on physical goals that will satisfy your needs. It contains appetizing, easy to prepare, tasty, and nutritional recipes designed in three variations--Burn, Maintain, and Develop--to adapt to your lifestyle and help you reach your goals. Whether it be losing weight, developing muscle, or simply staying healthy, this book will have recipes specifically for you.

Provides an abundance of recipes for high-nutrition foods designed to promote peak performance, offering numerous healthy adaptations of favorite dishes by popular chefs including Seamus Mullen, Eric Ripert and Mark Vetri while sharing advice on topics ranging from healthy eating and barbecuing to faster clean-ups and

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cooking for crowds.

Fitness Food's straight-talking approach, combined with nutritional expertise, has been successfully used with elite athletes and professional sportspeople. Its unique system of creating tailored menus for people with a wide range of different fitness goals is now available to everyone. The first section offers information so you can become nutrition savvy when it comes to your fitness goals. The second section offers a wealth of vibrant, delicious recipes you'll be keen to make at home. Fitness Food's unique Burn, Balance and Build variations will help you to easily identify the recipe variation to meet your needs; look out for the different symbols that identify all the recipes at a glance. Each recipe can be made in three different ways, making it easy to eat appetising meals with your

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family and friends without compromising your exercise goals. The book features easy-to-follow eating plans designed with specific goals in mind: losing weight, building endurance, playing team sports, gaining muscle or simply keeping healthy. Healthy, mouth-watering and easy-to-make recipes have been designed so that every tasty mouthful delivers a nutrient-dense punch.

Squeaky Gourmet is a colorful and well written cookbook intended to educate and encourage the reader towards a healthy diet. Food knowledge coupled with exciting recipes makes this book a must have for anyone on any fitness level. There is no need for boredom in the kitchen or dead taste buds in order to eat healthy. Squeaky Gourmet offers delicious recipes for every meal, snack or even office party. Author Maureen Jeanson holds certifications in fitness from

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ACSM, ISSA and the US Navy. Jamie Wilson offers her experience in the struggle with being healthy and NOT sacrificing flavor and comfort at the same time. Together they offer you over 140 pages of wellness education, tasty food ideas and the exact steps you can take to achieve your own fitness goals.

Fitness Cookbook: 60 Healthy Nutrition Blender Recipes, Vegan Gourmet Recipes, Juicing Drinks & Healthy Ice Cream & Dessert Recipes For Wellness, Health & Happiness...Consuming a combination of these smoothies and juicing recipes will help your body get rid of sick-making toxins, boost your vitality and energy, get rid of nasty body conditions like Asthma, rejuvenate your body, provide your body with a natural immune system, detoxify and clean your body, turn your body into a lean body, shed pounds, and

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more. People are reporting that fad diets never worked on them, but when sticking to this lifestyle of smoothies and juices they were able to lose weight and never gain the weight back afterward unlike it happens with many of these fad diets. As a result, your body will turn into a lean and clean body that is full of energy, vitality, and life! From her fruity smoothies and juices to her leafy green, raw, vegetable, and vegetable/fruit combined smoothies and juices such as her vitality boosting blender drinks like the "Coconut Kale Sweetness," the "Blueberry Parsley Fat Killer," and the "Lime Lemon Jalapeno Ginger Gold, Baldec's 90+ unique, 5 minutes quick, satisfying, and delicious recipes are going to transform your body into a healthy, toxin-free, lean and clean body. You will find recipes that boost your body and brain, help you with weight loss, detoxification, boosting up your immune system in a natural way,

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healing from the inside out, and many other health benefits. She also includes tasty delights that are going to relax your mood and soul like the "Scrumptious Hazel Berry Avocado Triathlon Smoothie," the "Coconut Macadamia Nut Smoothie," the "Kefir Peanut Butter Breakfast Smoothie" and many other delicious and nutritious soul drinks. If your health, weight management, and lifespan are important to you, you owe it to yourself to take a look inside this compilation. This investment into an exciting new lifestyle of lean & clean eating and clean drinking with smoothie and juicing blender recipes will keep the expensive doctor away and double your health & happiness today...

Scrumptious, healthy, crowd-pleasing recipes for people with diabetes and their loved ones The editors of Diabetic Gourmet

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Magazine understand that although people with diabetes must carefully monitor their eating habits, they still crave their favorite sweets and savory dishes. Now, with this all-new collection of healthy recipes that are perfect for everyday meals as well as for entertaining, you can enjoy making tasty dishes for yourself, your friends, and your family that are as good for you as they are delicious. The Diabetic Gourmet Cookbook features more than 200 original gourmet recipes complete with detailed nutritional information and diabetic exchanges for easy meal planning. By featuring healthy versions of traditional favorites-from pot roast to macaroni and cheese to banana cream pie-this mouthwatering collection shows how you can safely and effectively eat well if you have diabetes or special dietary needs and still enjoy wonderful food. You'll find easy-to-prepare recipes for appetizers, soups,

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salads, breads, desserts, sauces, and more along with a host of healthy cooking techniques-which makes The Diabetic Gourmet Cookbook essential for every health-conscious cook's kitchen. Pecan Winter Waffles * Huevos Rancheros * Blueberry Blintzes Topped with Lime Crema * Cranberry Apple Muffins * Baked Onion Rings * Brazilian Smoked Black Bean Soup * French Onion Soup * Refreshing Spring Tabbouleh * Spicy Thai Chicken * Crisp Cornmeal-Coated Catfish * Greek Gyros with Tzatziki Sauce * Chicken Francese * Creamy Coleslaw * Ginger-Lime Sugar Snap Peas * Cranberry-Orange Biscotti * Key Lime Cheesecake Squares * Georgia Peach Pie * Baklava * And many more tasty recipes!

Finally, here's a guide for people who love good food and the great outdoors. Campfire Cuisine provides more than 100 recipes for

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delicious, healthy, satisfying meals to make at your campsite or in any outdoor setting. Also included are tips on meal planning, shopping, and choosing the right equipment. Armed with Campfire Cuisine everyone from die-hard foodies to novice cooks will be ready to take on eating well while camping out.

The Lazy Gourmet is for anyone who dreams of dazzling guests with fabulous home-cooked fare, but fears that such a feat would require Thomas Keller ' s talent, Martha Stewart ' s ingenuity, Gandhi ' s patience, and Charles Manson ' s free time. The goal of The Lazy Gourmet is to conquer the misguided belief that preparing an elegant meal requires spending hours—or days—in the kitchen. With the help of an army of volunteer testers—regular people with no culinary training—Robin Donovan and Juliana

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Gallin developed this collection of recipes that can be prepared using readily available ingredients and common kitchen appliances, and without any previous cooking experience or training. With our recipes, anyone can prepare delicious and sophisticated, yet surprisingly simple dishes that will impress fussy in-laws, placate implacable bosses, and seduce sexy strangers through the proven method of knocking their socks off at the dinner table. As the lazy gourmets themselves like to say, “Cooking a great meal can be just as easy as cooking a crappy meal!” So relax! Stop fretting over elaborate recipes and cumbersome techniques and start cooking the Lazy Gourmet way.