



THE GOOD FOOD GUIDE

Good Food Guide

JR Anderson



Good Food Guide :

Good Food - Your go to Guide Joan Beck,2018-02-22 GOOD FOOD Your Go To Guide Healthy nutrition information How to shop store and prepare GOOD FOOD How to plan weekly menus plus a one day cooking plan Herb and spices to flavour your meals Tips on healthier eating out Vegetarian and vegan dishes Easy quick and healthy recipes for GOOD FOOD

The 'Good Food Guide' Dinner Party Book ,1975 The Complete Idiot's Guide to Good Food from the Good Book Leslie Bilderback, CMB,2008-03-04 Holy is healthy Learn to transform the natural simple tasty foods mentioned in the Bible into superb easy to make dishes everything from appetizers to main courses side dishes and desserts Each meal features only those ingredients mentioned in scripture or the closest modern equivalent Including explanations about the Kosher rules found in Leviticus and Deuteronomy this guide will help you to eat healthily and deliciously the Biblical way Written by an expert master chef and baker Over 100 delicious recipes including nutritional components Dozens of scripture quotes and interesting historical food facts *The Good Food Guide Dinner Party Book* Hilary Fawcett,1971 **Guide to Good Food** Velda L. Largen,1992 Designed to provide information about food and nutrition that can be used in everyday life Contains guidelines for selecting appliances establishing a family food budget and buying and storing foods tips on how to arrange space and use time and energy efficiently and information on basic cooking techniques Contains articles about food topics related to health current trends and technological developments global concerns and careers and includes several chapters devoted to foods from around the world **Good Food: Healthy Eats** Good Food Guides,2010-12-23 Looking after yourself doesn't mean you have to compromise on flavour Nowadays there is a huge choice of delicious ingredients that can be turned into a satisfying and nutritious meal with a little inspiration In 101 Healthy Eats the Good Food team prove you can really enjoy food that's good for you This little cookbook is full of tasty low fat recipes that are high in fibre and packed with vitamins and minerals The choice of healthy recipes includes such tasty treats as Quick prawn and almond korma Sticky maple pork with apples Gnocchi with roasted squash and goat's cheese and even Crispy fish and chips with mushy peas Healthy eating doesn't mean you can't enjoy a dessert or two so try tangy Red currant sorbet and indulgent Toffee apple pudding Get inspiration from Classics made healthy Healthy mid week meals Side dishes and salads Healthy meals without meat Guilt free entertaining Sweet and low Good Food is Britain's top selling cookery magazine With simple step by step instructions and a full colour photograph and nutritional breakdown to accompany each recipe you can cook nourishing food with complete confidence Good Food Eat Well: Healthy Slow Cooker Recipes Good Food Guides,2017-10-05 For those of us with busy lifestyles and little time to spare slow cookers are a priceless helping hand in the kitchen with as little as 10 minutes spent preparing a dish at the beginning of the day you can enjoy delicious food a few hours later without slaving away at a hot stove It isn't just high calorie high fat recipes that you can make though this essential guide from the experts at Good Food will show you to make delicious healthy and balanced recipes in your slow cooker From curries chillis soups and

guilt free puddings through to fresh ideas for stews and vegetarian meals there is a slow cooked meal for everyone Accompanied throughout with full colour photographs and a nutritional breakdown of every recipe this collection of Good Food s favourite triple tested slow cooker recipes will work first time every time Recipes from Restaurants in the Good Food Guide ,1968 *Good Food Eat Well: Cheap and Healthy* Good Food Guides,2016-08-18 We re all trying to eat more healthily these days but popular recipes often include hard to find and expensive ingredients Good Food Eat Well Cheap and Healthy is a comprehensive collection of fresh healthy and reasonably priced recipes for every day of the week It includes 150 balanced recipes based on store cupboard ingredients from delicious smoothies and soups to hearty main meals and tasty but better for you treats All the recipes are short and simple with easy to follow steps and all are accompanied by a full colour photograph of the finished dish **Good Food Eat Well: Low-fat Feasts** Good Food Guides,2015-01-01 If you like good food but want to stay healthy or lose weight try Good Food Low fat Feasts Divided into Starters and Light Meals Pasta Rice and Noodles Meat Fish and Seafood Veggie friendly and Desserts you re guaranteed to find a delicious low fat recipe for every occasion Whether you choose Chicken with Coriander Tomato Sauce Nutty Stuffed Peppers or Tequila Sunrise Sorbet every recipe has been tried and tested by the Good Food team to ensure fantastic results every time you cook The recipes are all short and simple with easy to follow steps using readily available ingredients and are accompanied by a full colour photograph of the finished dish This edition is revised and updated with delicious new recipes and a fresh contemporary design Part of Good Food s exciting new Eat Well range for a healthy and happy you **Good Food: Healthy chicken recipes** Good Food Guides,2014-03-27 Packed full of recipes for succulent and wholesome chicken dishes for all occasions whether you fancy a quick and delicious dinner but want to avoid the takeaway want a healthy and satisfying lunch for work or just want to tuck in to your favourite meal without feeling guilty From food perfect for feeding a crowd to fuss free and scrumptious one pan dishes Healthy chicken recipes is the perfect companion for mouth watering chicken dishes every time Triple tested by the trusted experts at Good Food and accompanied by a colour photograph for each recipe you in cook in perfect confidence Good Food: Meals for One Good Food Guides,2013-10-10 Fed up wasting food Tired of trying to work out ingredient quantities for one serving or just looking for easy recipes for batch cooking Good Food Meals for One is packed full of tasty treats that make sure you will never waste a delicious morsel With simple yet delicious recipes and full colour photos for each recipe Meals for One is the perfect companion for a stress free yet mouthwatering meal With dishes for every occasion whether lunches for packed lunches dinners that won t break the bank or simply a luxury meal to wind down the day and triple tested by the experts at Good Food Meals for One is your one stop collection of recipes for one Good Food: Seasonal Salads Good Food Guides,2012-07-31 Salads don t have to be boring With the fantastic choice of leaves and herbs on offer today we now have the chance to create a wealth of delicious dishes In Good Food Seasonal Salads you ll find a huge variety of all year round salads devised by the team at BBC Good Food Magazine Containing 101 recipes

using seasonal produce from Pesto Chicken and Potato Salad and Spring Salad with Watercress Dressing to Warm Salad of Chargrilled Courgettes and Salmon and Minted Green Bean Salad there are plenty of exciting ideas combining intriguing ingredients and imaginative flavours Each recipe is accompanied by a full page picture so that cooks of every ability can easily follow the instructions and achieve superb results every time You may be looking for a light lunch refreshing side dish or a more substantial supper Whatever it is there are lots of recipe ideas for delicious dishes in this handy cookbook

Good Food: Mediterranean Dishes Good Food Guides,2011-08-31 Even if it is raining outside this little book of sunshine will help lift the gloom with a wealth of comforting cheerful dishes to keep the summer atmosphere alive All tried and tested by Britain's top selling BBC Good Food Magazine these Mediterranean recipes are guaranteed to be packed full of intense flavour With full colour photography to accompany every dish and a practical ingredients list of Mediterranean authentic and easy to find alternatives this really is a must have summer cookbook

Good Food: Best-ever Curries Good Food Guides,2011-08-12 Hot and spicy mild creamy and comforting Thai Indian Malaysian Indonesian the word curry encompasses a huge variety of exciting dishes With long lists of spices and unfamiliar ingredients it might seem like a complex dish to cook and leave you more inclined to call for a takeaway but once you know the basics creating a delicious curry is simple Including quick curries when you're short on time classic curry dishes made easy delicious side dishes and new ideas using curry spices and plenty of vegetarian ideas Good Food has collected 101 of their most popular curry recipes Every idea is accompanied by a full colour photograph and a nutritional breakdown so you can create a home cooked curry with complete confidence and know exactly what is in every bite

Good Food: Healthy Family Food Good Food Guides,2013-03-28 What could be more important than keeping your family healthy Keeping them full of course Do both with this range of delicious recipes brought to you by the experts at Good Food magazine Packed with recipes for main courses desserts and starters and with a firm eye on nutrition this cookbook will be a life saver in the face of that constant question what's for dinner Every recipe comes with a full colour photo and has been triple tested by the Good Food team so you can keep the troops fed without any glitches

Good Food: 201 One-pot Favourites Good Food Guides,2012-03-31 The experts at Good Food Britain's best selling cookery magazine have gathered together 201 of their all time favourite one pot meals Whether you're looking for a quick stir fry whipped together in no time or a delicious hearty stew that can bubble on the stove for hours one pot cooking is a surefire way to tasty healthy home cooked food With recipes for classic pies and roasts as well as casseroles curries hotpots and seafood dishes 201 One pot Favourites is packed with inspiring meal ideas With all recipes triple tested in the Good Food kitchen and complete with a full nutritional breakdown you can cook with complete confidence knowing that every recipe will work first time

Good Food: Soups & Sides Good Food Guides,2011-08-05 Filling comforting and endlessly adaptable soups and side dishes can be the ideal solution to any mealtime dilemma Whether you're looking for light summery lunches wholesome dishes for the winter months or quick and easy weeknight dinners 101

Soups and Sides can provide the inspiration you need With ideas ranging from chilled seasonal soups and fresh salads for those long summer lunchtimes to hearty winter broths and hot sides to warm up a cold night you ll find recipes here to use all year round Each recipe is accompanied by a detailed nutritional breakdown and is triple tested by the experts at Good Food the UK s best selling cookery magazine so you can cook with complete confidence With colour photographs throughout this compact cookbook lets you create stylish and satisfying dishes with ease

Good Food: Easy Student Dinners Good Food Guides,2011-08-25 Making tasty and healthy dishes can be difficult for students with a tight schedule and an even tighter budget the odds are stacked against you That s why the trusted team at Good Food magazine have collected their favourite recipes for quick delicious dishes that won t cost the earth or require hard to find ingredients and specialist equipment Chapters on Brainy Breakfasts help to keep body and mind going until lunch while Express Dinners are perfect for those busy weeknight evenings There is also a handy collection of dishes for one as well as a chapter of hearty Food for Friends that won t break the bank The full nutritional breakdown accompanying each dish helps you to maintain a healthy diet and with a colour photograph accompanying each recipe it really couldn t be simpler 101 Easy Student Dinners is the ideal cookbook for the student way of life quick healthy and delicious food that leaves you with the time energy and money to study and socialise

Good Food: Easy Baking Recipes Good Food Guides,2012-03-29 There s nothing quite like baking fun relaxing and oh so delicious but it s not always the simplest of hobbies and the road to baking bliss can be littered with sunken sponges and burnt brownies which is where the Good Food team come in In Easy Baking Recipes the UK s best selling cookery magazine has gathered together simple baking recipes that anyone can try From simple classics like sponges and chocolate cakes to impressive celebration cakes and mouth watering savoury bakes every recipe has been triple tested in the Good Food kitchen so you can cook with complete confidence With simple step by step instructions and a photograph of every dish this handy cookbook will transform a baking novice into a true star baker

Good Food Guide Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Good Food Guide** , a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

https://staging.conocer.cide.edu/results/uploaded-files/fetch.php/Ford_Trader_Engine_Workshop_Manual.pdf

Table of Contents Good Food Guide

1. Understanding the eBook Good Food Guide
 - The Rise of Digital Reading Good Food Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Good Food Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Good Food Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Good Food Guide
 - Personalized Recommendations
 - Good Food Guide User Reviews and Ratings
 - Good Food Guide and Bestseller Lists
5. Accessing Good Food Guide Free and Paid eBooks

- Good Food Guide Public Domain eBooks
 - Good Food Guide eBook Subscription Services
 - Good Food Guide Budget-Friendly Options
6. Navigating Good Food Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Good Food Guide Compatibility with Devices
 - Good Food Guide Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Good Food Guide
 - Highlighting and Note-Taking Good Food Guide
 - Interactive Elements Good Food Guide
 8. Staying Engaged with Good Food Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Good Food Guide
 9. Balancing eBooks and Physical Books Good Food Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Good Food Guide
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Good Food Guide
 - Setting Reading Goals Good Food Guide
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Good Food Guide
 - Fact-Checking eBook Content of Good Food Guide
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Good Food Guide Introduction

In today's digital age, the availability of Good Food Guide books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of Good Food Guide books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of Good Food Guide books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing Good Food Guide versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation. Furthermore, Good Food Guide books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether you're a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in self-improvement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing Good Food Guide books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Good Food Guide books and manuals is Open Library. Open Library is an initiative of the Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions have their own digital libraries that provide free

access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Good Food Guide books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Good Food Guide books and manuals for download and embark on your journey of knowledge?

FAQs About Good Food Guide Books

What is a Good Food Guide PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it.

How do I create a Good Food Guide PDF? There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF.

How do I edit a Good Food Guide PDF? Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities.

How do I convert a Good Food Guide PDF to another file format? There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobat's export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Good Food Guide PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without

significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Good Food Guide :

ford trader engine workshop manual

[ford taurus 1997 2 0 motor radiator fan diagram](#)

forensic interview of children sample questions

~~ford tempo 1979 1986 service repair manual~~

ford tractor 6000 commander 6000 service repair shop servic

[ford transit 1996 manual](#)

ford wiring diagram 2009

[fordson major gearbox manual](#)

~~forensic laboratory at sandf~~

[form five selection year 2015](#)

[forsaken world soul coin guide](#)

~~ford truck fuse box~~

[forget me ka harrington](#)

ford taurus serpentine belt diagram

fort hare application forms for 2015

Good Food Guide :

The 7 Secrets of World Class Athletes by Yellin, Steven Great book about controlling your brain thought process to become a great athlete in any sport including golf. The only issue I had with the book is it ... The 7 Secrets of World Class Athletes by Steven Yellin ... This is a brilliant book. It ties together much of what I've surmised about superior performance and what contributes to it. In addition, the book also sheds ... The 7 Secrets of World Class Athletes The 7 Secrets of World Class

Athletes takes you into the minds of super-star athletes when they are on top of their game. The fascinating concept is that ... The 7 Secrets of World Class Athletes The 7 Secrets of World Class Athletes takes you into the minds of super-star athletes when they are on top of their game. The fascinating concept is that. The 7 Secrets of World Class Athletes - Yellin, Steven The 7 Secrets of World Class Athletes takes you into the minds of super-star athletes when they are on top of their game. The fascinating concept is that ... The 7 Secrets of World Class Athletes The 7 Secrets of World Class Athletes takes you into the minds of super-star athletes when they are on top of their game. The fascinating concept is that ... The 7 Secrets of World Class Athletes, Biancalana, Budd Author:Biancalana, Buddy. The 7 Secrets of World Class Athletes. Book Binding:Paperback / softback. Book Condition:GOOD. Year Published:0630. The 7 secrets of world class athletes : Yellin, Steven, author Apr 14, 2021 — 192 pages ; 21 cm. First secret: The fluid motion factor -- Second secret: Sports as a series of gaps -- Third secret: The quality of the ... The 7 Secrets of World Class Athletes Synopsis: The 7 Secrets of World Class Athletes takes you into the minds of super-star athletes when they are on top of their game. The fascinating concept is ... The 7 Secrets of World Class Athletes by Buddy Biancalana The 7 Secrets of World Class Athletes by Buddy Biancalana: New ; Item Number. 363415436080 ; Publication Date. 2010-06-30 ; Pages. 198 ; Accurate description. 4.9. User manual Mitsubishi Eclipse (2009) (English - 8 pages) Manual. View the manual for the Mitsubishi Eclipse (2009) here, for free. This manual comes under the category cars and has been rated by 6 people with an ... MITSUBISHI ECLIPSE OWNER'S MANUAL Pdf Download View and Download Mitsubishi ECLIPSE owner's manual online. ECLIPSE automobile pdf manual download. Also for: Eclipse spyder. 2009 ECLIPSE OWNERS MANUAL PORTFOLIO Feb 2, 2023 — 2009 MITSUBISHI ECLIPSE OWNERS MANUAL PORTFOLIO INCLUDING OWNERS MANUAL, WARRANTY & MAINTENANCE BOOKLET (rear cover has damage), TIRE WARRANTY ... Mitsubishi Eclipse PDF owner manual Below you can find the owners manuals for the Eclipse model sorted by year. The manuals are free to download and are available in PDF format. Is is recommended ... 2009 Mitsubishi Eclipse Service Repair Manual by 16326108 Aug 22, 2018 — Read 2009 Mitsubishi Eclipse Service Repair Manual by 16326108 on Issuu and browse thousands of other publications on our platform. 2009 Mitsubishi Eclipse Spyder Owners Manual 2009 Mitsubishi Eclipse Spyder Owners Manual [Mitsubishi] on Amazon.com. *FREE* shipping on qualifying offers. 2009 Mitsubishi Eclipse Spyder Owners Manual. 2009 Mitsubishi Eclipse and Eclipse Spyder owners ... 2009 Mitsubishi Eclipse and Eclipse Spyder owners manual Mit393 ; Item Number. 174799759064 ; Year of Publication. 2009 ; Accurate description. 4.9 ; Reasonable ... 2009 mitsubishi eclipse service repair manual | PDF Mar 18, 2021 — 2009 mitsubishi eclipse service repair manual - Download as a PDF or view online for free. eclipse spyder 2009 eclipse - Mitsubishi Manuals View and Download Mitsubishi ECLIPSE SPYDER 2009 ECLIPSE quick reference manual online. Mitsubishi Automobile User Manual. ECLIPSE SPYDER 2009 ECLIPSE ... Owner's Manual - Mitsubishi Motors To view your Owner's Manual and other Owner's Portal content, click this link and follow the instructions to log into or set up your Owner's Portal account. Italy Travel Guide by Rick Steves

Explore Italy! Get inspired with Rick Steves' recommended places to go and things to do, with tips, photos, videos, and travel information on Italy. Italy Tours & Vacations 2023 & 2024 Rick Steves Italy tours provide the best value for your trip to Europe. Our stress-free Italy vacations package together small groups, great guides, central ... Italy Guidebook for 2024 - Rick Steves Travel Store Rick's picks for sights, eating, sleeping; In-depth coverage of our favorite Italian destinations; Great self-guided neighborhood walks and museum tours ... One week in Italy - Rick Steves Travel Forum Jun 14, 2018 — Rome is amazing, but it will be hot. Our absolute favorite place in Italy is Lake Como---particularly Varenna. We also loved the Amalfi Coast, ... Italy's Amalfi Coast - Video - Rick Steves' Europe Advice on Italy Travel Plan - Rick Steves Travel Forum Jul 22, 2023 — In planning a trip, it helps to pick the exact specific museums and monuments you will see and what you will acquiesce to skipping. Then you ... Italy Itinerary Rick's Best Three-Week Trip to Italy. The big-ticket stops in Italy — Venice, the Cinque Terre, Florence, Rome, and the cluster south of Rome (Sorrento/Naples/ ... Rick Steves Italy (Travel Guide) This guide gives you an overview together with every little thing you need for planning a trip. How many days, transportation, hotels, restaurants, sights, ...