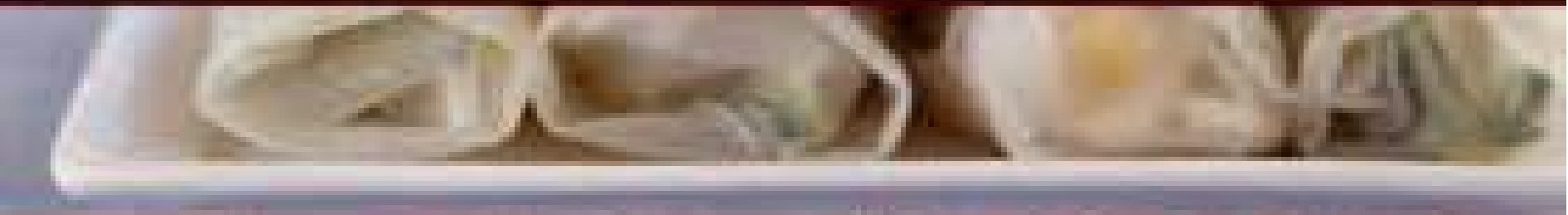


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Fabulous Food Recipe

Jane Kennedy



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The Big Boombah-Free Book Jane Kennedy, 2015-10

After bursting onto the food scene in 2009 Jane Kennedy established herself as a much loved healthful foodie. After selling ____ books Jane is back with a best of her bestselling books. The Big Book of Fabulous Food shares 150 great recipes 19 of which are new that are fast fresh and bursting with flavour. They will also make you feel fantastic. These are dishes for every day in the home for entertaining family and friends and for those nights when you couldn't be bothered cooking and are tempted to just get takeaway. The recipes are easy to follow and beautifully illustrated. Whether you're after new ideas for brunch, comforting classics without the calories, inspiring salads to take to work or hearty dinners, this is your new way of cooking, packed full of flavour but without the boombah. These are dishes for every day in the home for entertaining family and friends and for those nights when you can't be bothered cooking and are tempted to just get take away. Vani Naidoo Bribie Weekly. If you're looking for something to add to your repertoire without adding to your waistline, consider The Big Book of Fabulous Food. Margaret Linley Geelong Advertiser. Jane Kennedy's fourth contribution to the world of cookbooks is a welcome one. Shaunagh O'Connor Weekly Times. When it tastes good and doesn't hang around on the hips, you've got to consider it a winner. Margaret Linley Geelong Advertiser. **Recipes 1-2-3** Rozanne Gold, 1999 99 Fabulous Food Websites You Can't Eat Without Peter Spellos, Jim Spellos, 2006-11. A food lovers home chefs reference guide book focusing on 99 great on line culinary resources. The book offers valuable cooking info, food services and history, all served with a light and humorous touch. It covers a myriad of culinary topics and fields from Asian Cuisine to Zagats. **Recipes 1-2-3** Rozanne Gold, 1997 Fabulous Food for Family and Friends Cheryl D. Thomas Peters, 1990. A collection of healthy mouth watering vegetarian menus for entertaining with style. Suzanne Somers' Get Skinny on Fabulous Food Suzanne Somers, 2011-02-23. After the phenomenal success of Eat Great Lose Weight, Suzanne Somers was flooded with letters and phone calls from people who had lost weight the Somersize way. They had followed Suzanne's satisfying and effective program and for the first time had gained control over their weight and their health. There was no more dieting, no more deprivation and the pounds just seemed to melt away. Now Suzanne takes readers to the next step toward greater health and fitness in Suzanne Somers Get Skinny on Fabulous Food. With breakthrough research on food and our bodies, an easy to follow weight loss plan and more than 130 amazing new Somersized recipes, this book is a must read for anyone looking to shed pounds or maintain their weight even while eating meat, cheese, butter, dressings, desserts and other delicious foods not found on most eating plans. Backed up by renowned endocrinologist Dr Diana Schwarzbein, Suzanne tells how sugar, not fat, is responsible for weight gain and how combining food properly and eating a diet that is low in carbohydrates and that includes plenty of natural fats and proteins will not only help you lose weight but also can reprogram your metabolism, lower your cholesterol and blood

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