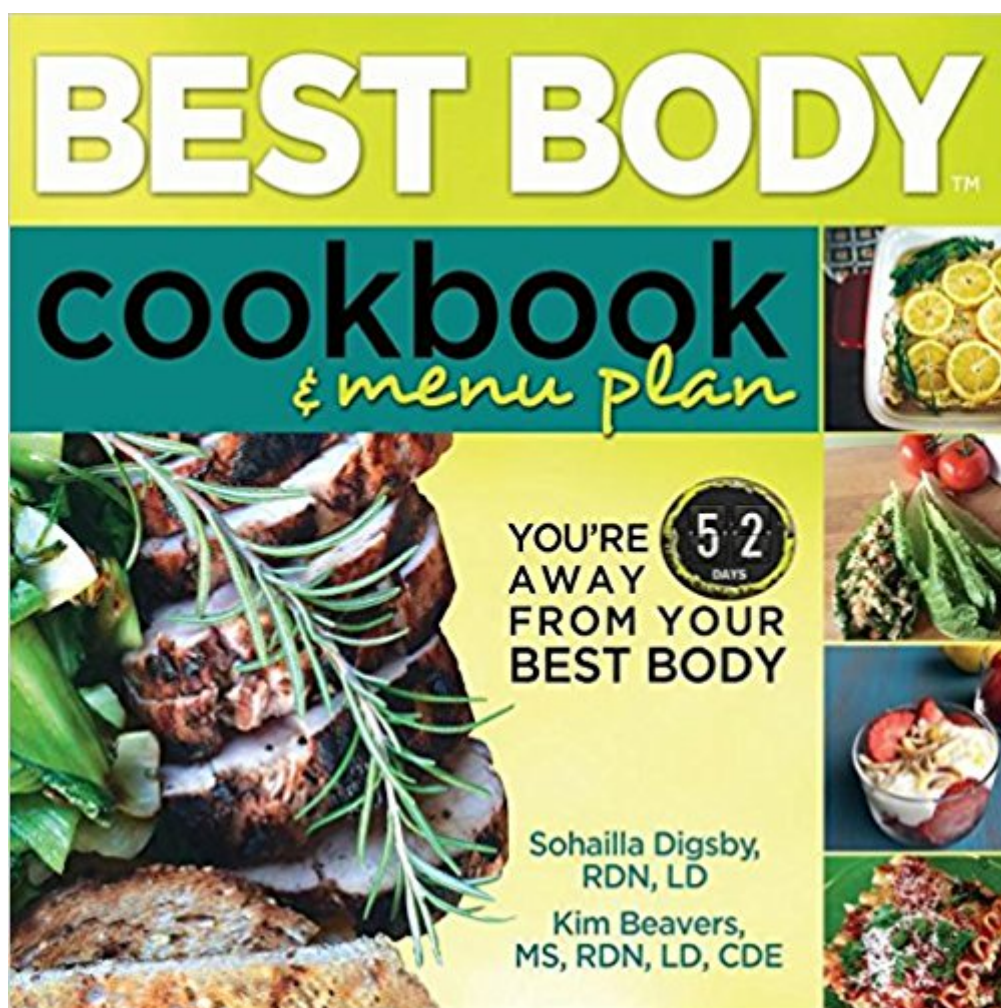


The book was found

Best Body Cookbook & Menu Plan: You're 52 Days Away From Your Best Body



Synopsis

Whether you have ambitions related to improving your body, your family time around the dinner table, or your confidence in the kitchen, this is your go-to cookbook! As dietitians with backgrounds in food and fitness, our recipes and tips focus on both your vitality and your taste buds. From on-the-go breakfasts to pre-planned dinner menus, we have thought through every detail on your behalf, keeping your budget and your busy schedule in mind. With more than 30 years of experience as dietitians between us, we are not fazed by fads or inspired by extremes. Our intention is for those who enjoy our delicious recipes to achieve and maintain their Best Bodies for a lifetime. We are grateful that so many of the "Best Body Superstars" highlighted in this book have shared their journeys with us and trust you will be inspired over the next 52 days to reach Your Best Body - both inside and out. Check out Sohailla's Countdown to Your Best Body Success Journal and support programs on bestbodyin52.com to pair with this Cookbook & Menu Plan to reach Your Best Body in 52 days! Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity. "VOLTAIRE

Book Information

Paperback: 202 pages

Publisher: Best Body Nutrition & Fitness (January 1, 2016)

Language: English

ISBN-10: 0692603018

ISBN-13: 978-0692603017

Product Dimensions: 8.5 x 0.6 x 8.5 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 4.9 out of 5 stars 67 customer reviews

Best Sellers Rank: #72,288 in Books (See Top 100 in Books) #8 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Garnishes #59 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #531 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Great Recipes from my new friend Sohailla:)

So many great recipes.

It is not quite what I expected but am still reviewing.

Great pictures and easy to follow steps.

Nice information to help you cook and eat healthy!

I love this cookbook!! It is a one-of-a-kind that is absolutely complete with grocery lists and nutrient values. The menu keys are so clever and I love the way it tells you if it is good for a lunch leftovers, whether the recipe is pricey, a quicker fix, or slow-cooker, or an easy meal. I always look at these before I look at the recipe. I love the suggested sides with the recipes too. I also love Kim's comments for the recipes in which she gives tips on different things you may not have thought of. This is the perfect cookbook for healthy eating and menu planning.

I have been cooking from this cookbook for over two weeks now. Every recipe has been delicious! My whole family has been trying and enjoying new healthy meals that they never thought they would like. I like how easy the recipes are and am surprised at how quickly I can prepare a healthy dinner after work. The cookbook makes it easy to plan for grocery shopping the week before and to decide what's for dinner. I feel good about what I'm feeding my family and myself.

In a culture that is obsessed with the new and improved this could be somewhat of a disappointment for someone looking for the next new "thing." This cookbook is the common sense guide to putting good tasting, good food, on your dinner table. Sohailla is a busy woman who understands the time and financial constraints on feeding a family. This cookbook answers the question, "What does this look like?" with common sense recipes that are easy to follow and beautifully photographed. I have recommended the Best Body Countdown and the Best Body Cookbook to countless numbers of people who comment on my weight loss. I cannot speak highly enough about the information, encouragement and common sense that make up these wonderful products. Purchasing either one or the other (the Best Body journal or Cookbook) would certainly guarantee success, but purchasing both would certainly fool proof the journey to anyone's "Best Body." This is a small investment that yields life changing and sustainable results. Thanks, Sohailla! You nailed it!

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