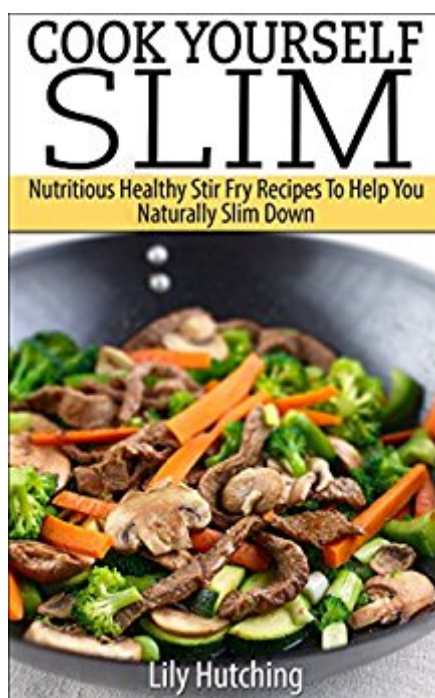




The book was found

Cook Yourself Slim: Nutritious, Delicious, Quick And Easy Stir Fry Recipes



Synopsis

As a mum and a chef, family life can be chaotic but as we all know, it is important to still eat right, to stay slim and to avoid too much junk food. This Recipe book is a culmination of my years of experience juggling work and home life, where I have put together quick healthy stir fries to keep you and your family slim and well. My kids love it and so does every other child but as parents and responsible families we have to understand the nutritional value of food. Quite frankly, frozen readymade foods aren't high on nutrition although they are great on taste and satiating hunger, to say the least. One of my specialties as a chef include fried recipes and it was while I was preparing a quick stir fried dish that I realized just how easy and quick stir frying was. I decided to note down recipes that I have either learnt from other chefs or experimented with in my free time. Now, I am happy to present my collection, Nutritious Stir Fry Recipes. How Do I Know My Recipes Are Nutritious? Because every recipe uses vegetables and natural ingredients, even those that have meat in them. Stir frying doesn't use much oil and hence lacks fat. Since you are making them from scratch, it also lacks monosodium glutamate, commonly found in frozen food items. In short, everything is nutritious and healthy! So if you are looking to, give your body the right nutrition, make delicious stir fries with natural ingredients and recipes you can cooking in under 30 minutes then I promise you a whole host of recipes that will cater to any taste profile from kids to adults, parties to dates, all recipes are quick, easy to cook, healthy and above all tasty.

Book Information

File Size: 3003 KB

Print Length: 31 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 2, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B013A3UJN6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #729,882 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #57

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian > Wok Cookery #116 in Books > Cookbooks, Food & Wine > Asian Cooking > Wok Cookery #414 in Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Cookbooks, Food & Wine

[Download to continue reading...](#)

Cook Yourself Slim: Nutritious, Delicious, Quick And Easy Stir Fry Recipes Stir Fry: Top 50 Best Stir Fry Recipes The Quick, Easy, & Delicious Everyday Cookbook! Stir Fry Cooking: Over 210 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Stir Fry Natural Weight Loss Transformation) (Volume 8) Stir Fry Cooking: Over 210 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Stir Fry Natural Weight Loss Transformation Book 8) Stir Fry Recipes: 25 Easy Stir Fry Recipes for You to Make Your Lunch and Dinner Quickly! Rice or Noodles: Oriental Stir Fry Cookbook featuring 30 Mouth-watering Stir Fry Recipes Stir Fry 101: Over 25 Homemade Stir Fry Recipes to Feed the Family Freeze, Heat and Fry Box Set (5 in 1): Cast Iron, Air Fryer, Asian Stir-Fry Recipes and Freezer Meals (Quick and Easy Recipes) Ken Hom's Top 100 Stir Fry Recipes: Quick and Easy Dishes for Every Occasion (BBC Books' Quick & Easy Cookery) Welcome to Wok World: Unlock EVERY Secret of Cooking Through 500 AMAZING Wok Recipes (Wok cookbook, Stir Fry recipes, Noodle recipes, easy Chinese recipes ,...) (Unlock Cooking, Cookbook [#2]) Rice Cooker Recipes - Asian Cooking - Quick & Easy Stir Fry - Low Sugar - Low Sodium - (BONUS: Trader Joe's Ingredients Asian Style Recipes) Gastric Sleeve Cookbook: QUICK and EASY 40+ Bariatric-Friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes You Can ... (Effortless Bariatric Cookbook Series 6) Welcome to Wok World: Unlock EVERY Secret of Cooking Through 500 AMAZING Wok Recipes (Wok cookbook, Stir Fry recipes, Noodle recipes, easy Chinese ... (Unlock Cooking, Cookbook [#2]) (Volume 2) The Stir Fry Cookbook: 100 Fun and Fresh Recipes for the One-Stop Cook Bringing Home the Seitan: 100 Protein-Packed, Plant-Based Recipes for Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings and More 100 Quick Stir-Fry Recipes (My Kitchen Table) Stir-Fry Cook Book Mug Recipe Book: Your Guide to Quick and Easy Mug Recipes: Mug Recipes for Beginners (Mug Recipes, Mug Recipe Cookbook, Quick and Easy Meals, Delicious Recipes) Fry it Like a Pro: Delicious Air Fryer Recipes to Fry Best American Oil-Less Meals for Everyday Cooking Fry it Like a Pro: Delicious Air Fryer Recipes to Fry Best American Oil-Less Mea

Contact Us

DMCA

Privacy

FAQ & Help