



Quick and Easy Recipes: 15 Minute Recipes for Every Day of the Month: 31 Delicious, Quick, Easy and Healthy Recipes For When You Don't Have Time (Fast Cooking, Healthy Meals, Easy Recipes)

Barbara Siller

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Do You Want to Prepare Healthy Meals In Under 15 Minutes?

This 15 Minute Cookbook will show you how!

It contains 31 **delicious and healthy recipes for Snacks, Appetizers and even entire Meals - all under 15 minutes.**

Eating healthy is as important as ever. Unfortunately most of us rarely find the time to sit down and prepare an one hour dish for ourselves, let alone for others. However, this doesn't mean that quick and healthy meals don't exist. Let me tell you: **Fast and delicious is possible!** You just have find the right recipes.

This cookbook includes **various dishes with all kinds of ingredients such as pasta, rice, fish, potatoes and meat. All of them are low in fat and great for losing weight**

Here are some recipe examples:

- Farfalle pasta with cabbage
- Couscous with Vegetables and Cashew Nuts
- Chicken breast with Asparagus
- Roasted Salmon Fillets in Mustard Cream Sauce
- Quick Vegetable Risotto
- Avocado with Almond Crust
- Oranges and Tomato Soup
- Curry-Lentil Soup

Always included are:

- **Preparation Time**
- **Nutrition Facts**
- **Needed Utensils and Ingredients (Both Metric and Imperial Units)**
- **A Picture to every recipe**

Grab your copy today and enjoy the these delicious meals

tags: cook book, cooking, easy cooking, easy dinner recipes, health and beauty, healthy food, paleo diet, easy quick recipes fast cooking, healthy living, fast meals, fast recipes, recipes for health, paleo cookbook, cookbook stand, appetizers, soups, salads, main dishes, desserts, cookbooks of the week lisa brown, free cookbooks, cookbooks on kindle, gluten free, recipe blog, recipes diet, gluten free recipes, fast cookbook, fast cooking, easy cook, gluten free cookbook, paleo cookbook, healthy cookbook, healthy recipes, food, meal, meal plan, food recipes, healthy cooking, cooking for one, cooking light, cooking for beginners, cookbooks best sellers 2014, vegetarian cookbook

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Arlene Miller:

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Jennifer Lewis:

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