



## The Best College Cookbook: 40 Recipes for the Freshman Foodie (Paperback)

By Anthony Boundy

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Eating well is just as important for your mental health as it is for your physical health. Just like your heart and muscles, the brain needs nutrients to help keep us healthy, happy and functioning to our maximum potential. With all the challenges facing you on your journey into adulthood, now is the perfect time to take the first step towards taking care of your body and mind. Our 40 freshman foodie recipes are simple to prepare, economical and will make sure that you eat well, without gaining unwanted weight, during your first year at college. The Best College Cookbook is not just about how to survive your freshman year it's packed full with recipes that you will want to prepare for many years to come.



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-- **Ally Reichel**

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

-- **Prof. Kirk Cruickshank DDS**

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