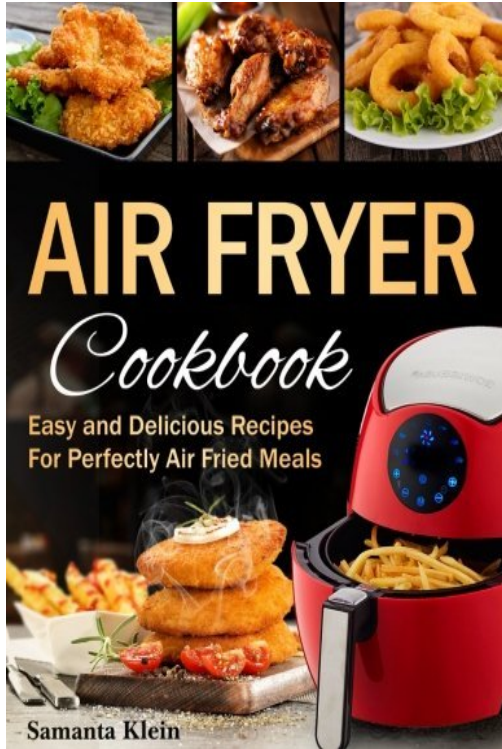


# EPUB Download Air Fryer Cookbook: Easy and Delicious Recipes For Perfectly Air Fried Meals Full Books



Author : Samanta Klein

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## Book Description

TIRED OF COMPROMISING ON TASTE AGAINST THE HEALTH PREPARING YOUR DAILY MEALS WHILE STRUGGLING WITH WEIGHT LOSS? THE AIR FRYER RECIPES IN THIS BOOK WILL REVOLUTIONIZE YOUR MEALS KEEPING THEM TASTY, HEALTHY AND QUICK. YOU CAN STOP EATING FAST FOODS NOW. What if cooking become enjoyable, time efficient and healthy activity available in your own kitchen realm? Imagine amount of time saved weekly you could use do something you really love. Imagine no more remorse of having to eat junk food and your long-term health benefits of that. This cookbook shows how technology works nowadays to our advantage and how to make life better without spending loads of money and time. 150 recipes included in the book contain the whole variety of meals starting from breakfast through lunch, ending on dinner. If you don't fancy given recipe abundance of alternatives await you. Book is devoted for both meat eaters and vegetarians. If you don't consider fish and seafood a meat - there's a special chapter for you as well. Perfect for both beginners and cooking veterans Do you like numbers? You will find detailed nutritional information in each recipe which will allow you to stick to your daily caloric budget properly. In the book you will find the following content : 150 easy low-fat, low-salt recipes for delicious breakfast, lunches, dinners and last but not least desserts. Including positions for both vegetarians and vegans! Nutritional values laying out how many calories you eat and where d