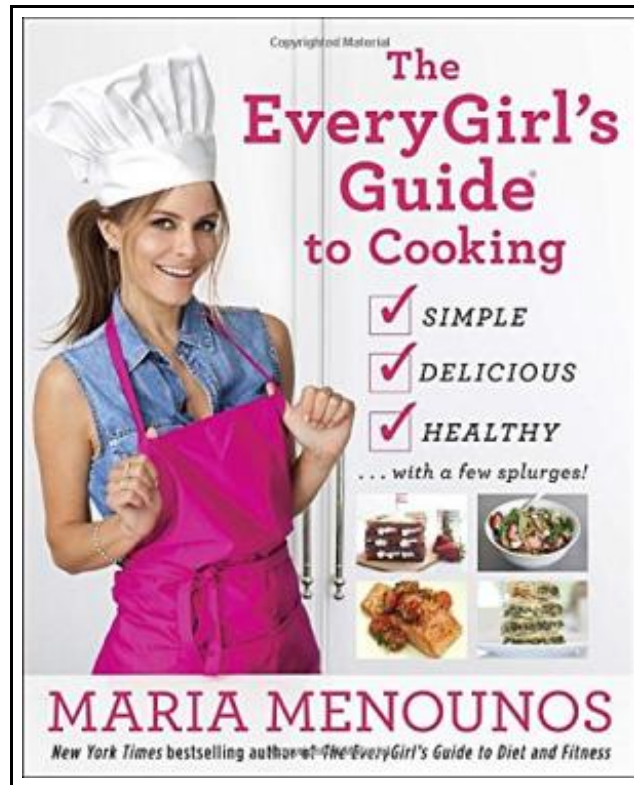


Every Girl s Guide to Everyday Cooking: 125 Simple and Delicious Recipes to Help You Stay Lean for Life!



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Reviews

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(Keegan Abernathy)*

EVERY GIRL'S GUIDE TO EVERYDAY COOKING: 125 SIMPLE AND DELICIOUS RECIPES TO HELP YOU STAY LEAN FOR LIFE!



Random House USA Inc, United States, 2016. Paperback. Book Condition: New. 232 x 187 mm. Language: English . Brand New Book. E! News host Maria Menounos adds to her New York Times bestselling EveryGirl book series with this essential collection of 150 easy-to-prepare and delicious recipes for the busy EveryGirl looking to eat well every day of the week! Maria learned her way around the kitchen by watching and cooking with her mother, Litsa, a professional cook. Inspired by their Greek heritage, The EveryGirl's Guide to Cooking focuses on fresh and natural ingredients that yield a wide variety of both healthy and splurge-worthy food, including Breakfast: Strawberry Shortcake French Toast, Apple Pie Quinoa Porridge, Sweet Potato and Black Bean Breakfast Burrito Lunch: Three-Bean Power Salad, Caramelized Veggie Flatbreads, Kale and Lemon Oil Pizza Dinner: Melted Baked Ziti with Charred Cauliflower, Double-Cheese-Stuffed Artichokes, Spinach and Walnut-Stuffed Portobello Mushrooms Entertaining: Meatball Sliders, Sloppy BBQ Buns with Cabbage Coleslaw, Summertime Watermelon-Feta Salad Protein Snacks: Spicy Avocado Toasts, Chickpea Poppers, Speedy Egg Salad Desserts: Oatmeal Chocolate Chip Cookies with Toasted Pecans, Anytime Oatmeal Fruit Crumble, Greek Yogurt Strawberry Sunday Whether you are a whiz in the kitchen or just learning your way around it, their guidance will help EveryGirl live healthily, happily, and meaningfully. As Maria says: No experience? No problem. Let's get cooking! Advance praise for The EveryGirl's Guide to Cooking One of the many reasons Brooks and I always love going to Maria's house is the food. We experience firsthand how delicious and incredible her and her mom's dishes are. This cookbook is going to be one of my kitchen essentials. Julianne Hough Everyone in our house loves Maria and her mom's cooking. They have a knack for making healthy food taste delicious. Her recipes are...

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