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Chicken Breast a Cookbook (Paperback)

By Colin Simpson

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book features my favorite recipes that can be cooked in 30 minutes or less using boneless skinless chicken, healthy fresh ingredients and a skillet. These great tasting recipes are quick and easy, offering the perfect solution to busy families with simple, healthy alternatives to fast food restaurants. More than a third of American adults and approximately 17 of children are considered obese* and this figure is expected to continue to rise dramatically. Changing to healthier food alternatives, along with regular exercise, can help stop this worrying trend and prevent obesity-related health concerns such as heart disease, type-2 diabetes and stroke. Chicken is a wonderfully versatile and protein-enriched food with many health benefits. Cooked in lean form, chicken can help reduce the intake of solid fats while improving nutrient absorption. It can help lower cholesterol and improve metabolism for a healthy heart, it can aid in building muscles which in turn protects bones and its minerals can help boost the immune system. Best of all, chicken is cost effective and easy to prepare; from a hearty chicken soup...



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Reviews

Excellent e-book and useful one. It is written in straightforward phrases rather than confusing. I am just very happy to explain how here is the finest publication i have got read through in my very own lifestyle and might be the greatest book for possibly.

-- **Viva Schuster**

It is fantastic and great. This is for those who state there was not a worth looking at. It has been written in an exceptionally easy way which is only soon after i finished reading this ebook through which in fact changed me, change the way i really believe.

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