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Beautifully Real Food: Guilt-Free, Meat-Free Recipes to Indulge In

By Sam Murphy

Blink Publishing, 2018. Hardcover. Condition: New. Many of us, for various reasons, are trying to reduce the amount of meat and dairy in our diets but are reluctant to let go of our favourite foods. When chef Sam Murphy decided to change her lifestyle, originally just to lose weight and have a more balanced diet, she assumed that her days of eating pizzas, burgers and brownies were over. But after experimenting in the kitchen, Sam realized that she could still eat all of those irresistibly indulgent dishes while looking after herself and the world around her. Bringing all of Sam's best recipes together, this incredible collection includes delicious, healthy options for breakfast, lunch and dinner, as well as sides, salads, sauces, smoothies and desserts. It features Sam's recipes for: Spaghetti Carbonara Chickpea Chilli Cheese Toasties Loaded Vegan Hot Dogs Salted Caramel Brownies Cookie Dough Cereal The Vegan Big Mac And many, many more. Whether you're looking to go without meat or dairy every day, every week or just once a month, or if you just want to indulge in guilty food without the guilt, Beautifully Real Food is the perfect guide to making meals you can really enjoy.



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If you need to adding benefit, a must buy book. It really is rally interesting through reading through period. Your way of life period will probably be convert as soon as you total looking over this book.

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Completely among the finest book I have actually read through. It is probably the most remarkable book we have study. I discovered this book from my dad and i suggested this book to learn.

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