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DELICIOUS RECIPES

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Recipes: Deliciously Healthy Dinners contains 75 heart healthy recipes. More than two-thirds of these recipes were created for the National Heart, Lung, and Blood Institute (NHLBI) by a Culinary Institute of America-trained chef and a James Beard Foundation award-winning registered dietitian.

the recipes deliciously healthy dinners

Healthy Homestyle Cooking by Evelyn Tribole, MS, RD (1994, Rodale Press, \$27.95) This cookbook has been on my shelf for years, along with the companion Healthy Homestyle Desserts .

Top 10 Healthy Cookbooks: A Dietitian's Picks - WebMD

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These are the best healthy cookbooks for easy and healthy breakfast, lunch and dinner ideas. The hundreds of healthy recipes make healthy eating a piece of cake.

13 delicious and healthy cookbooks we can't cook without

101 Cookbooks - Official Site 101 Cookbooks is a food blog focused on healthy recipes for everyday. It features over 700 vegetarian recipes, whole foods recipes, and vegan recipes, plus the occasional sweet treat.

Healthy Everyday Cookbook - alohacenterchicago.org

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EAT WELL ON \$4/DAY GOOD - Leanne Brown

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30 Healthy Log It Now Recipes - Under Armour

Deliciously Healthy Family Meals features delicious, heart healthy recipes, just like NHLBI's Keep the Beat Recipes: Deliciously Healthy Dinners. The cookbook showcases new dishes that were created especially for the NHLBI by a Culinary Institute of America-trained chef/instructor and father of two.

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