



Gourmet Nutrition: The Cookbook for the Fit Food Lover

John Berardi

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From the creators of Precision Nutrition comes a cookbook for people who love to eat great food, but hate that after-dinner guilt. For those who love to eat with style, but hate to look "indulgent." for those who love to entertain, but want to do it right. Enter Gourmet Nutrition: the cookbook for the fit food lover. We've taken the healthiest ingredients and whipped them into nearly 300 pages of delicious culinary creations that you can serve with confidence to the most discerning foodie -- or the most nitpicky nutritionist. We've included detailed cooking instructions and ideas for improvisation. And we've even photographed every recipe in beautiful color to show you just how appetizing healthy food can be. Gourmet Nutrition is the cookbook that's as friendly to your body as it is to your taste buds, and it's equally at home on your kitchen counter and your coffee table.



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