

Description:

Discover What Millions of People Have Already Experienced-- Dr. Fuhrman's Extraordinary and Life-Changing Recipes

Too busy to shop? Too tired to cook? Not sure what's healthy? From the #1 *New York Times* best-selling author of *Eat to Live* and the instant *New York Times* bestseller *Eat to Live Cookbook* comes *Eat to Live Quick and Easy Cookbook*, 131 super delicious, easy-to-prepare, incredibly healthy recipes. No guilt, no-fuss, just amazing food that's good for you. From the grocery store to the kitchen table, *Eat to Live Quick and Easy Cookbook* is just what you and your family have been looking for to become happier and healthier than ever before.

- Title: Eat to Live Quick and Easy Cookbook: 131 Delicious Recipes for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health
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