



Heart-healthy Everyday Meals

By Jehanne Ali

Marshall Cavendish International (Asia) Pte Ltd. Paperback. Book Condition: new. BRAND NEW, Heart-healthy Everyday Meals, Jehanne Ali, This book helps you savour the natural goodness of tasty meals that are fuss-free, wholesome and good for the heart. There are satisfying favourites such as Roasted Herb Chicken with Potatoes, Salmon Paella and Oriental Noodles with Dumplings that require minimal preparation and use fresh ingredients rich in antioxidants. These creations are from Dr Jehanne Ali, a medical doctor who is passionate about preparing healthy meals for her family. With easy recipes and dietary advice, she shows how you can enjoy your food and maintain your health at the same time. Perfect for the health-conscious, this compact collection will also be a delight to those with hectic lifestyles.



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