

# Cooking Calendar 2017

August 2016



## Synopsis:

Throughout 2017, learn how to do every day meals that are easy to do, with just a few ingredients and products you might already have in your kitchen.

Each day is linked to a simple recipe, tasty and adapted to all budgets. The recipes will allow you to have healthier meals and a balanced diet, without spending lots of time in the kitchen, or spending lots of money.

Each month a list of ingredients is suggested, focusing on products of the season, for a healthy and tasty cooking.

Tips are added in order to make your preparation easier.

- **Specs:**
- Series: Calendars
- Date of Issue: August 12<sup>th</sup> 2016
- RPP: 9,95 €
- 160 pages
- 195 x 225 mm
- Paperback
- ISBN : 978-2-84831-983-4

**Éditions  
marie claire**