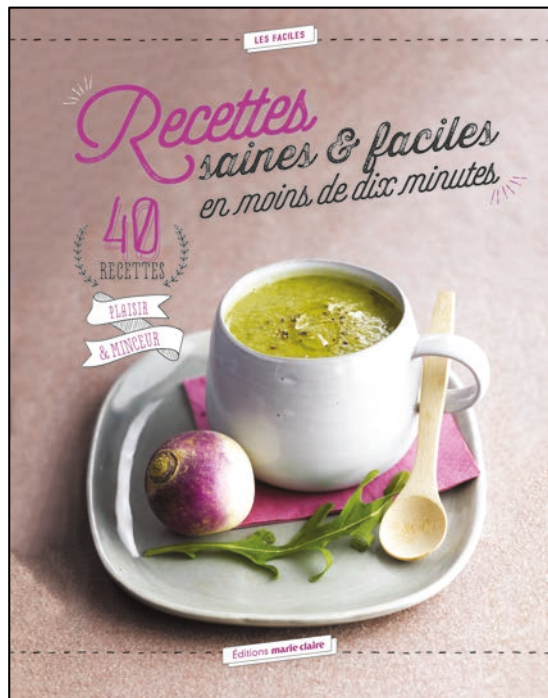


Healthy & Quick Cooking

April 2017



Synopsis:

Starting now! Readers will find in this title healthy and simple recipes to do quickly. Most of them are ready in 30 minutes maximum! Quickly made menus will become the most delicious and balanced meals of all.

Rapidity can rhyme with healthy! 40 recipes are available in this book, allying ingenuity and nutritional values. From starters to desserts, you will discover many ideas that will embellish your everyday meals. Each recipe is accompanied with an idea of menu.

This book also presents some tips to organize your weekly meals and have a more balanced diet.

The Author:

Lucie Reynier works as a dietician and a nutritionist and has an office in the East of France, close to Switzerland. She creates her own recipes and post them on her blog: luciecuisine.blogspot.fr.

With Marie Claire Books, she is the author of *Healthy and Good / Mes assiettes plaisir et santé* (2015), *My Detox Program / Mon programme detox* (2016) and *Soups and Broths Detox / Soupes et Bouillons Detox*.

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