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Healthy Cooking for Singles & Doubles

Eleanor Brown

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Healthy Cooking for Singles & Doubles

Eleanor Brown

Healthy Cooking for Singles & Doubles Eleanor Brown
Healthy Cooking for Singles & Doubles is a low calorie cookbook for people who live alone or with one other person. It contains 100 easy-to-follow recipes that will help build health and lose weight.

Each recipe was written with the busy single person in mind. Quick and easy to prepare, most serve one or two. Each recipe is complete with a nutritional analysis, serving suggestions and friendly notes from the author. This well-indexed book offers an excellent range of cuisines, including many delicious vegetarian dishes. The cover is a beautiful water color, making it a perfect gift for college students, busy single professionals, newlyweds, empty nesters and widows alike.

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