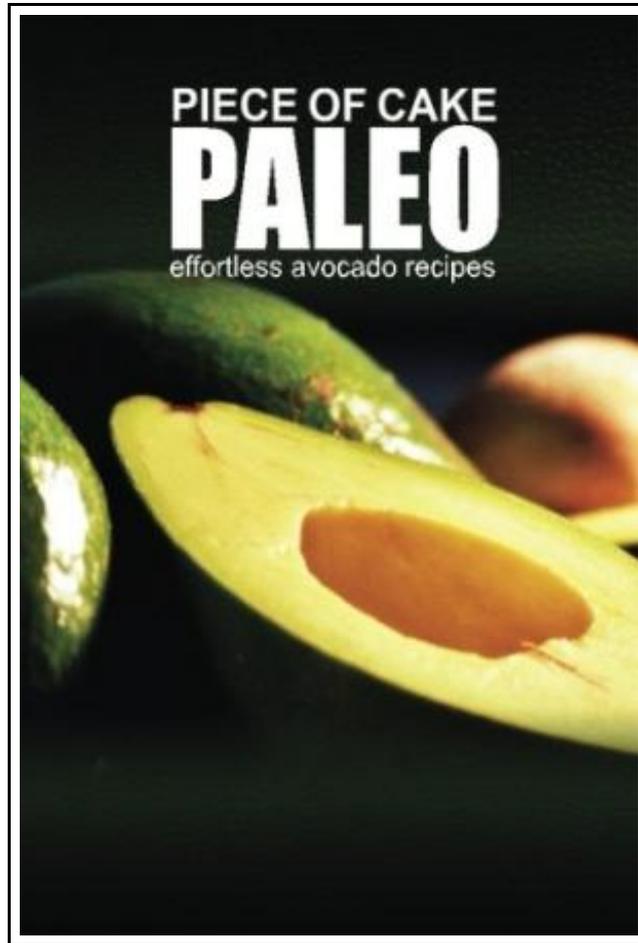


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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 36 pages. Dimensions: 8.8in. x 5.8in. x 0.2in. Effortless Avocado Recipes is THE Avocado bible! Are you finding it painfully difficult to keep your healthy meals exciting Clueless and overwhelmed when asked to make real food that's actually tasty Humiliated because nobody wants to eat what you make Sick and tired of always feeling hungry and not having enough energy No idea how to substitute good fats into your diet and still have your food taste good Hate that you have to give up the tasty foods you crave for healthy-yet-boring meals Ever feel helpless and misunderstood when trying to justify your boring salad concoctions Ever feel like this so-called green-eating lifestyle is actually making your life miserable Well now there's Effortless Avocado Recipes! The purpose of this book is to: - Provide genuine, easy, quick, and delicious recipes for people who don't have a lot of time to be in the kitchen - Make a healthy diet easy for ANYONE to follow by providing substitutes for your favourite foods (think avocado potato salads, pizzas, shakes, etc.) - Teach you how to substitute avocados for fatty and unhealthy foods, like cream, butter, mayonnaise, and more! - Provide amazing recipes so you'll never have to kick yourself for eating throughout the day - Provide recipes for any occasion. Whether you're holding a dinner party for you and your friends, or making sandwiches for your kids lunch. - Help you achieve: Weight Loss, Increased Energy Levels, Better Sleeps at Night, Less Depression and Anxiety, A Healthier Body and a Healthier Mind all through delicious and easy-to-make recipes! This item ships from La Vergne, TN. Paperback.



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