

The book was found

# The Art Of Healthy Eating - Savory, Sweets And Kids



## **Synopsis**

3 BOOKS IN ONE! I have combined my three best cookbooks (Savory, Sweets and Kids) into one amazing cookbook. There are hundreds of amazing and innovative recipes. 336 pages in all in a beautiful hardcover that will last a lifetime. Choosing a healthy lifestyle doesn't have to mean a lifetime of deprivation. This book is the combination of three of my best selling cookbooks. It is filled with mouth-watering foods and nutrition facts that demonstrate how eating healthy can be an expression of art. Included are recipes for your favorite comfort foods like pasta, lasagna, risotto, calzones, sushi, clam chowder in a bread bowl, baked brie, chicken pot pie, chili cheese "fries", tomato basil sandwich wraps, pizza, tortillas, and many more. There are also lots of valuable tips and tricks to help one along the journey of learning how to eat as an art. These three books retailed for \$75 previously.

## **Book Information**

Hardcover: 336 pages

Publisher: Maria Mind Body Health LLC (2014)

ISBN-10: 0988512483

ISBN-13: 978-0988512481

Package Dimensions: 11.1 x 8.7 x 0.9 inches

Shipping Weight: 2.4 pounds

Average Customer Review: 4.4 out of 5 stars 93 customer reviews

Best Sellers Rank: #148,970 in Books (See Top 100 in Books) #58 in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #336 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

## **Customer Reviews**

3 BOOKS IN ONE! I have combined my three best cookbooks (Savory, Sweets and Kids) into one amazing cookbook. There are hundreds of amazing and innovative recipes. 336 pages in all in a beautiful hardcover that will last a lifetime. Choosing a healthy lifestyle doesn't have to mean a lifetime of deprivation. This book is the combination of three of my best selling cookbooks. It is filled with mouth-watering foods and nutrition facts that demonstrate how eating healthy can be an expression of art. Included are recipes for your favorite comfort foods like pasta, lasagna, risotto, calzones, sushi, clam chowder in a bread bowl, baked brie, chicken pot pie, chili cheese "fries", tomato basil sandwich wraps, pizza, tortillas, and many more. There are also lots of valuable tips and tricks to help one along the journey of learning how to

eat as an art. These three books retailed for \$75 previously.

This cookbook is really not something I would recommend. The recipes are very poorly written both ingredient lists and instructions. I have made items that take three times as long to bake or cook as instructed. The instructions are often very confusing. That being said, I'm a creative cook; I can take the recipes and make adjustments easily. But I didn't buy them for that. In the end, I encourage people to buy Maria's newer cookbooks which are MUCH better - delicious and helpful.

This is the best of her self published books. The formatting is a little odd but she has so much good stuff to say. Tons of ideas. Of course her newer books are professionally formatted and published so flashier but if you like her work this is great. I really appreciate the desserts. In this volume some are in the kids section because it's Maria when she wasn't quite so strict such as she has become really minimal w coconut and almond flour. I personally occasionally make a dessert that is a little less strict than the rest of the way that I eat. These recipes have earlier ideas of hers and include stuff like fermented soy Sauce. She also still believed in flax seed and psyllium here and had not figured out her amazing egg bread yet. Anyway if u love Maria you will find some gems in here. If you are new to Maria I Wd start w her most current work and go backward in time. I love love love love Maria's work. It has made such a difference to me both health wise and cooking wise.

I love this cookbook. If you are looking for good ideas for healthy, fat satiating recipes for your family, this is it. There are a lot of great low carb recipes for everyone. Be prepared for purchasing different sweeteners, and other lower carb alternatives, if you intend on baking treats. If you have been in the gluten free, low carb, paleo, whole foods, bandwagon for any time, none of those things will be a surprise for you though. I have to admit, directly after I clicked 'confirm order' on , I had some buyer's remorse, thinking I had picked the wrong cookbook. After receiving it, I was so glad I did. Take note this is not DAIRY FREE, but she gives DAIRY ALTERNATIVES for you. I will review again once I have made a few of the recipes, but I like it so much just looking at it that I had to give an initial review.

The recipes I have tried have been very good, and I'm a fan of those. The three stars is because the binding began coming undone almost immediately, and the book keeps losing pages. For \$30, I do not want to have to pay to re-bind a cookbook, no matter how good the recipes.

The book is good to read and learn new recipes but is so bad quality!! I haven't finished reading and pages are all falling down.. completely bad edition! Pitty. Nothing new in it.

This book is one of my go-to books for everyday cooking. Maria keeps you on track with bits of health info on many of the pages along with great recipes. You know what you're putting in your food and why you are using the ingredients she suggests. It's very educational and yummy!

This is a great combo book with lots of recipes that look awesome. I can't wait to try them out! My 5 year old daughter was also happy to find desserts and dishes that she would like to try.

I absolutely adore Maria Emmerich. Her recipes are absolutely amazing. I am not exaggerating when I say that her books are life-changing; I love them all. I make several of her recipes each weekend and keep them in the fridge to help me stay on target all through the week. If you are low-carb, keto, or paleo, you will love the recipes. Maria also has an amazing website with new recipes posted several times a month. With these recipes, I have finally been able to break through and commit long-term to the lifestyle. Bless you, Maria!

[Download to continue reading...](#)

The Art of Healthy Eating - Savory, Sweets and Kids Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight Loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help You Lose Weight Naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) The Art of Healthy Eating - Sweets: Grain Free Low Carb Reinvented The Vintage Sweets Book: A Complete Guide to Vintage Sweets and Cocktail Party Treats Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks: Experience Delicious Ketogenic Snacks and Keto Dessert and Sweets Recipes Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) The Savory Pie & Quiche Cookbook: The 50 Most Delicious Savory Pie & Quiche Recipes (Recipe Top 50's Book 85) The Savory Pie & Quiche Cookbook: The 50 Most Delicious Savory Pie & Quiche Recipes Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Low Calorie & Fat:

Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) The High Fiber Cookbook: Over 50 Delicious Recipes for Healthy Eating (The Healthy Eating Library) Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook ( (Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating, ) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys → Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) MEAL PREP: The Beginner's Guide to Meal Prep and Clean Eating for Busy People to Lose Weight and Save Time (low carb diet, clean eating, batch cooking, weight loss, meal planning, healthy cookbook) Mindful Eating: A Healthy, Balanced and Compassionate Way To Stop Overeating, How To Lose Weight and Get a Real Taste of Life by Eating Mindfully Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)