



American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition

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A HEALTH COOKBOOK FOR WOMEN BY WOMEN

The American Heart Association's Go Red For Women social initiative has inspired hundreds of thousands of women to eat nutritiously, exercise regularly, and maintain a healthy weight. Now the iconic "red dress" can be your kitchen companion all year long, with **200 recipes to help you take charge of your health.**

By cooking wholesome meals at home, you can easily and significantly reduce your risk of heart disease, which takes the lives of more women each year than all forms of cancer combined. *The Go Red For Women Cookbook* helps you stick to your health goals with recipes for **guilt-free drinks, appetizers, dinners, and desserts** for gatherings with friends and **breakfasts on the go, brown-bag lunches,** and **snacks** for the whole family. Recipes include:

- Vegetable-Shrimp Spring Rolls with Honey-Jalapeño Sauce
- Chipotle Tomato Soup
- Spinach Salad with Apples and Caramelized Radishes
- Kale Salad with Sweet Citrus Dressing
- Lime-Basil Tilapia
- Jerk Chicken with Mango-Avocado Salsa
- Portobello Ragout with Sun-Dried Tomato Polenta
- Garlicky Greek Salad Pizza
- Sangría-Style Punch
- Lemon Mini Cheesecakes
- Red Velvet Cake Pops

A necessary primer on good nutrition, weight control, and smart grocery shopping as well as how to live and enjoy a healthy lifestyle while helping to prevent heart disease, *The Go Red For Women Cookbook* makes it easy for you to adopt healthy eating habits.

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Cinthia Beltran:

Exactly why? Because this American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will distress you with the secret it inside. Reading this book beside it was fantastic author who else write the book in such wonderful way makes the content inside of easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This unique book will give you a lot of positive aspects than the other book include such as help improving your expertise and your critical thinking means. So , still want to hold up having that book? If I were being you I will go to the reserve store hurriedly.

Patrick Taylor:

The book untitled American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition contain a lot of information on it. The writer explains your ex idea with easy approach. The language is very straightforward all the people, so do not necessarily worry, you can easy to read the idea. The book was published by famous author. The author brings you in the new period of time of literary works. You can easily read this book because you can please read on your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site along with order it. Have a nice read.

Violet Jarrell:

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