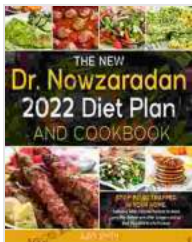


Stop Being Trapped In Your Home: Delicious 1200 Calories Recipes To Avoid Any Excuses

Are you tired of feeling trapped in your own home, unable to enjoy the simple pleasures of life like going out to eat or socializing with friends? If so, then this book is for you.

In this book, you will find 1200 calories recipes that are not only delicious, but also easy to make and affordable. With these recipes, you can finally break free from your home and start living your life to the fullest.



The New Dr. Nowzaradan 2024 Diet Plan and Cookbook: Stop Being Trapped in Your Home. Delicious 1200 Calories Recipes to Avoid any Risk Before and After Surgery and to Quit Your 600-lb Life Forever by Juan Smith

★★★★☆ 4.6 out of 5

Language : English
File size : 30584 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 118 pages
Lending : Enabled



Here are just a few of the benefits of this book:

- You will save money on groceries and dining out.

- You will eat healthier and lose weight.
- You will have more time to spend with your loved ones.
- You will feel better about yourself and your life.

If you are ready to make a change in your life, then Free Download your copy of this book today.

Here is a sample recipe from the book:

Grilled Salmon with Roasted Vegetables



Ingredients:

- 1 pound salmon fillet
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

- 1 cup broccoli florets
- 1 cup carrots, peeled and sliced
- 1/2 cup red onion, chopped

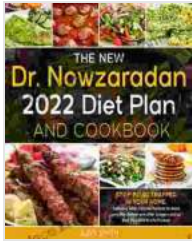
Instructions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Line a baking sheet with parchment paper.
3. Place the salmon fillet on the prepared baking sheet.
4. Drizzle the salmon with olive oil and season with salt and pepper.
5. In a large bowl, combine the broccoli, carrots, and red onion.
6. Toss the vegetables with olive oil and season with salt and pepper.
7. Spread the vegetables around the salmon on the baking sheet.
8. Bake for 15-20 minutes, or until the salmon is cooked through and the vegetables are tender.
9. Serve immediately.

This recipe is just one example of the delicious and healthy recipes you will find in this book. With these recipes, you can finally break free from your home and start living your life to the fullest.

Free Download your copy of this book today!

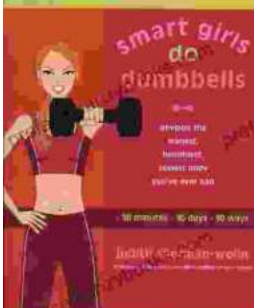
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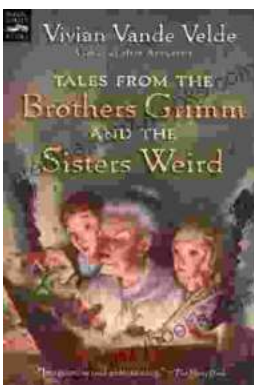
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