

# 50 Quick, Easy, and Healthy Recipes You Can Make Today

Looking for quick and easy recipes that are also healthy? Look no further! This cookbook has 50 delicious recipes that you can make in under 30 minutes. From breakfast to dinner, and everything in between, there's something for everyone in this cookbook.



## Clean Eating On A Budget: 50 quick,easy and healthy recipes you can make today by Thich Nhat Hanh

★★★★☆ 4.3 out of 5

Language	: English
File size	: 5755 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 91 pages
Lending	: Enabled



### Here are just a few of the recipes you'll find inside:

- **Breakfast:** Oatmeal with berries and nuts, yogurt parfaits with fruit and granola, scrambled eggs with cheese and salsa, breakfast burritos with eggs, cheese, and beans
- **Lunch:** Salads with grilled chicken, fish, or tofu, sandwiches with lean protein, wraps with hummus and vegetables, soups and stews

- **Dinner:** Grilled salmon with roasted vegetables, chicken stir-fry with brown rice, pasta with marinara sauce and vegetables, tacos with lean protein and whole-wheat tortillas
- **Snacks:** Fruit, vegetables, yogurt, nuts, seeds, trail mix

These recipes are not only quick and easy to make, but they are also packed with nutrients. They are a great way to get your daily dose of fruits, vegetables, whole grains, and lean protein. And because they are so quick to make, you'll have more time to spend on the things you love.

So what are you waiting for? Free Download your copy of 50 Quick, Easy, and Healthy Recipes You Can Make Today today!



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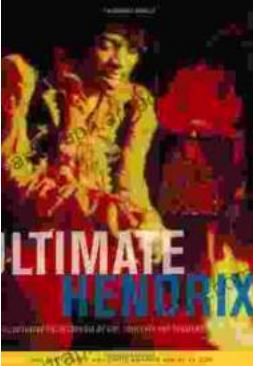
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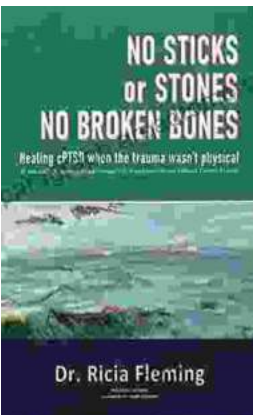
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