



Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great

Lindsay S. Nixon

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With easy, no-fuss recipes, the bestselling Happy Herbivore cookbooks show how easy, affordable, and delicious eating healthy can be. Now, in her latest cookbook, Happy Herbivore chef Lindsay S. Nixon provides recipes that put a special emphasis on weight-loss and a set of exercises that, like her recipes, are quick, easy, and produce great results.

Like all Happy Herbivore cookbooks, *Happy Herbivore Light & Lean* contains filling, flavorful, plant-based recipes that take 30 minutes or less to prepare. But this time, Nixon takes healthy to an all-new level, with low-calorie, satisfying meals that will help you achieve your weight-loss goals—and without deprivation.

True to its title, *Happy Herbivore Light & Lean* also includes “recipes” for your body with basic workouts, plus tips and tricks that will inspire you to move more for a trimmer, more-toned you. As always, *Happy Herbivore Light & Lean* recipes are free from oils, processed foods, and diet chemicals such as artificial sweeteners.

Happy Herbivore Light & Lean keeps it healthy, keeps it simple, and keeps it delicious.

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From reader reviews:

Steve Adams:

A lot of people always spent all their free time to vacation or maybe go to the outside with them family or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you need to try to find a new activity here is look different you can read any book. It is really fun in your case. If you enjoy the book that you read you can spent the entire day to reading a book. The book Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great it is very good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space bringing this book you can buy often the e-book. You can m0ore easily to read this book out of your smart phone. The price is not very costly but this book has high quality.

Vicky Bowman:

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Sally Rose:

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Kate Vasquez:

A number of people said that they feel bored stiff when they reading a publication. They are directly felt it when they get a half parts of the book. You can choose the particular book Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great to make your personal reading is interesting. Your own personal skill of reading proficiency is developing when you including reading. Try to choose simple book to make you enjoy to see it and mingle the impression about book and looking at especially. It is to be first opinion for you to like to available a book and read it. Beside that the

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