

Wrap of the Week: 52 Quick and Easy Wraps Recipes for Healthy Weight Loss



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Reviews

Great electronic book and helpful one. Of course, it is play, still an interesting and amazing literature. I am just delighted to inform you that here is the finest ebook i have got go through in my own daily life and might be he finest pdf for actually.
(Lora Johns III)

WRAP OF THE WEEK: 52 QUICK AND EASY WRAPS RECIPES FOR HEALTHY WEIGHT LOSS



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Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You're about to discover how you can enjoy healthy, delicious, quick and easy wraps for every season, without breaking the bank! Warning: This is NOT your average sandwich book. There is no PBJ, Ham and Cheese, or BLT in here, but that's not to say there are weird ingredients that you have to order from Timbuktu either. Everything in this book should be easily available at your local grocery store, and will be best in season. Yes we take advantage of Mother Nature's bounty by breaking up our wraps recipes up seasonally so you're getting the best flavor and the best prices on your ingredients. Now a quick word of warning to my regular readers. Most of my books are written using the Paleo Diet as a base, and I LOVE Paleo. It's one of the healthiest diets out there in my opinion, but not everybody is on the Paleo diet and I didn't think that should prevent people from eating seasonally tasty foods that will help them achieve their health and weight loss goals. So this book is NOT Paleo, but most of the recipes would be fairly easy to adapt if you want to. What this book IS, is a seasonal trip through yummy, quick and easy, portable food for busy people on the go, who also happen to care about their health. Here's what you'll find inside: 52 delicious wrap recipes divided by season with detailed nutritional information, which not only includes the number of calories per serving, but also the fat, carbohydrate and protein content of each dish When the freshness of Spring is in the...



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