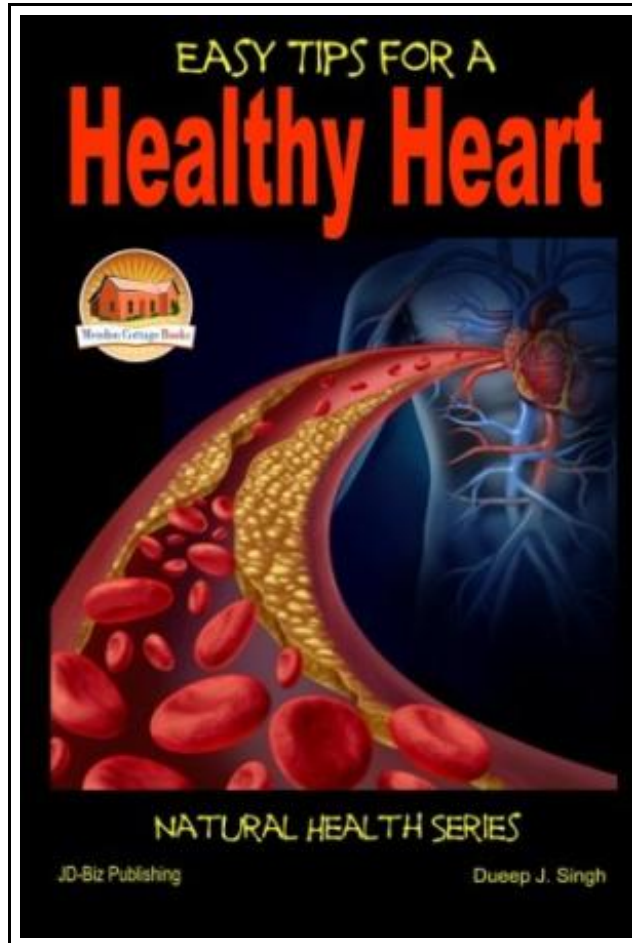


Easy Tips for a Healthy Heart (Paperback)



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EASY TIPS FOR A HEALTHY HEART (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Healthy Eating on a Limited Budget - Making Your Meals Go a Long Way Table of Contents Introduction Spaghetti Spaghetti Bolognese Spaghetti Pie Cheese Macaroni White Sauce for Macaroni Cheese Sauce Baked Potato Eggs Welsh Rabbit Healthy Hamburgers Homemade Burger Patties Chicken Burgers Rice - The Filling Mainstay of Half the World Chicken Risotto Kedgeree Fish Kedgeree Tip for Perfectly Cooked Rice Pease Pudding with Sausages Traditional Spaghetti Sauce Conclusion Authors Bio Publisher Introduction Once upon a time, mankind was more bothered about survival of the fittest, and to fill his stomach than to wonder about devising a meal fit for a king. But as living conditions improved and man got access to more and more foodstuffs, eating habits changed. Also, half of the finest dishes in the world, at that time and which is still a part of fine eating gourmet cuisine repertoire were made by cooks, for their masters, who were discriminating and wealthy eaters. So they could afford exotic and exquisite very expensive dishes, brought to them from all four corners of the earth. Nevertheless, a majority of the populace even then had to make do with cooking dishes, which were able to make a little go a long way. Let s take the example of Italy - especially Rome - in ancient times. You can imagine that this practice took place sometime, somewhere all over the world, in all civilizations from the beginning of time. The people who were wealthy enough took the best pieces of meat, especially the choicest and juiciest portions for their meals every day. The ordinary working populace had to make do with what was left over. So any enterprising...



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