

Wellness On Plate: Where Healthy Meets Quick

In today's fast-paced world, it can be difficult to find the time to cook healthy meals. But with Wellness On Plate, you can have your cake and eat it too! This cookbook is packed with over 100 quick and easy recipes that are both healthy and delicious.



Wellness on a Plate: When Healthy Meets Quick

by Neil Rankin

★★★★☆ 4.4 out of 5

Language : English

File size : 121312 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 148 pages

Lending : Enabled



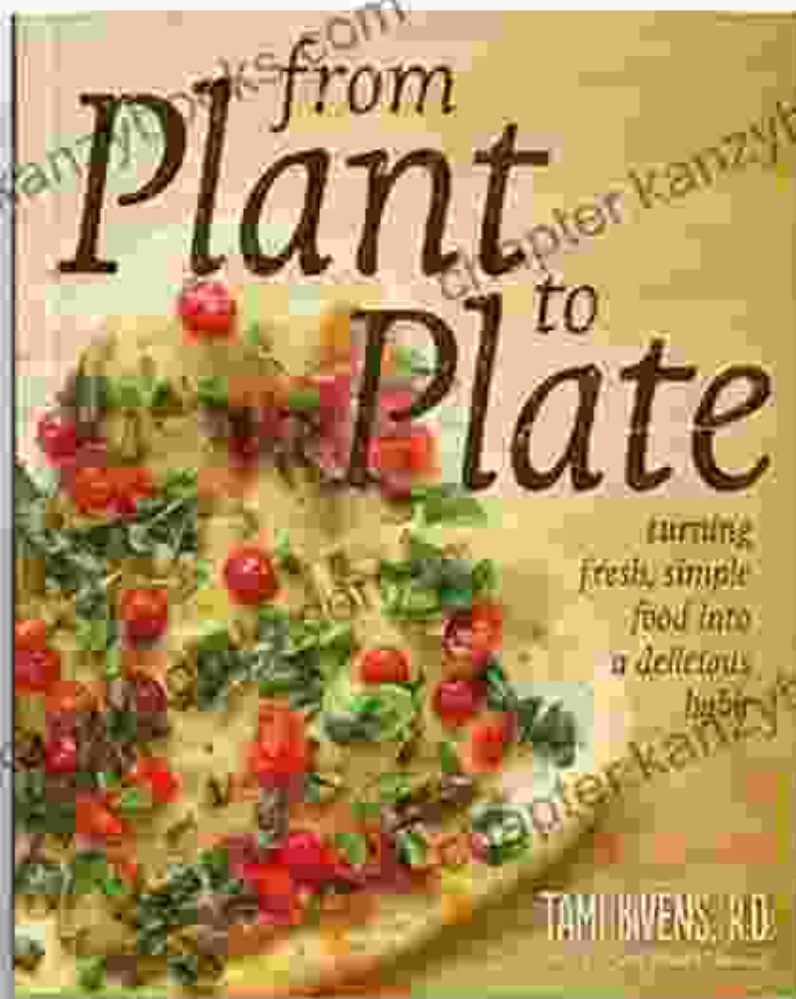
Whether you're a beginner in the kitchen or a seasoned pro, you'll find something to love in Wellness On Plate. The recipes are simple to follow and use ingredients that you can find at your local grocery store. And best of all, they're all made with whole, unprocessed foods that are good for your body and soul.

Here are just a few of the delicious recipes you'll find in Wellness On Plate:

- Quinoa Breakfast Bowl with Berries and Nuts

- Kale and Sweet Potato Salad with Lemon-Tahini Dressing
- One-Pot Chicken and Rice with Vegetables
- Roasted Salmon with Quinoa and Broccoli
- Chocolate Smoothie with Avocado and Spinach

With Wellness On Plate, you'll never have to sacrifice taste for health again. So what are you waiting for? Free Download your copy today and start enjoying the benefits of eating well!

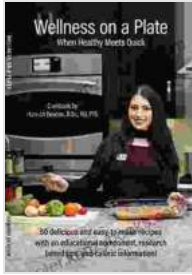


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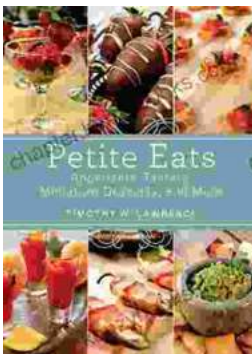
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