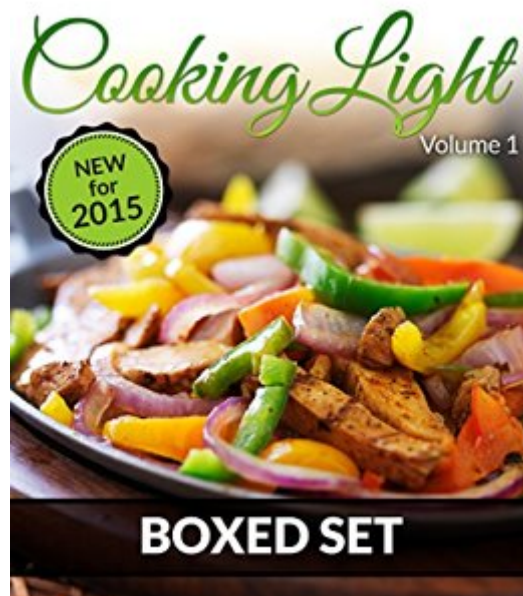


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# Cooking Light Volume 1 (Complete Boxed Set): With Light Cooking, Freezer Recipes, Smoothies And Juicing



## Synopsis

The "Cooking Light: Volume 1" Boxed Set contains three (3) titles, all geared towards helping the reader to live a healthy and productive life. Upon reading this Boxed Set, the reader will become an expert at preparing quick and easy, yet healthy and tasty meals for him/herself, friends or family. This Boxed Set includes information on preparing seafood and poultry freezer recipes, preparing vegetarian freezer meal recipes, thawing freezer meals safely, the green juice diet, tips for dieting success, tasty green juice recipes, smoothie recipes for detox, smoothie recipes for vitality and health and many more. Book 1: 50 Quick and Easy Freezer Recipes: How To Prepare Healthy Weekly Recipes For The Family. Book 2: Light Cooking: Tasty Quinoa Recipes and Green Juicing. Book 3: Smoothies Are like You - Smoothie Food Poetry for the Smoothie Lifestyle.

## Book Information

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## Customer Reviews

I was really surprised with this kindle book. I prefer to have a book in front of me, so a book has to really be good for me to like a kindle version. I agreed to review the free kindle version but I didn't expect to enjoy the book as much, but I was pleasantly surprised. This is a really great set of books! It begins with everything you want to know about preparing freezer recipes. I began to skip

this section and head straight toward the recipes because I work from home and don't have a need for early meal preparation, but as I scrolled through the pages I was impressed with the detailed instructions, everything from grocery shopping to preparation and freezing to properly thawing and heating. It was so thorough and interesting I think I will actually give it a try. It appears that preparing and freezing many meals at a time ends up saving a huge amount of preparation time in the long run. I never really thought about it, but I am thoroughly convinced now that it's a great idea. Moving on to the recipes, even if you don't prepare the meals and freeze them in advance, this book is seriously worth the huge variety of healthy recipes. There is something in this book for everybody, even vegetarians. There are (book 1) breakfast foods, soups, dinners, (book 2) green juicing recipes, health tips, quinoa recipes for all meals including deserts, and (book 3 - a collection of 8 books) healthy smoothie / weight loss smoothie / cleansing and fasting smoothie recipes and nutribullet recipes, and lists of foods with their health benefits including a ton of A-Z info about smoothie benefits.

Cooking Light Volume 1 (Complete Boxed Set): With Light Cooking, Freezer Recipes, Smoothies and Juicing This is a rather broad collection of books, but I like it. It covers freezer meals, cooking with quinoa, juicing and smoothies. I thought it was an odd combo, but I ended up really liking some of the recipes. The editing needs a lot of work so you have to get past the typos and grammatical errors, but the information contained is worth the mistakes. First off, each book is extremely detailed with the "why" behind the food or the method. Each author is obviously dedicated to their particular choice so be prepared for a bit of a promise to change your life, but just keep in mind what your specific plan is rather than falling in to the hype. I didn't read this planning on going 100% freezer meal, juice fasting, replacing all meals with smoothies or incorporating quinoa into every meal and I still don't plan on doing any of that. I would like to have a smoothie or juice a day as a snack, use quinoa at least once a day and prepare freezer meals here and there when life is hectic. So, make this work for you, it doesn't have to be the all or nothing approach. The recipes themselves are all super simple and quick regardless of which book they come from. The freezer meals and quinoa ones are a bit meat-centric for me so I have to modify them, but that is just my personal preference (I rarely eat meat at all). The juicing and smoothie recipes are plentiful and quite different than many I have seen. There are also a bunch of very savory, dessert like ones that will certainly replace a bowl of ice cream or pudding quite easily.

Book had a good selection of light meals and ideas. I liked the fact that there was a section on

freezer meals (as I always enjoy being able to pull something out at the last minute in a pinch and not have to prepare something everyday). There was quite a bit of space devoted to talking you through steps to make freezer meals and the considerations involved. There was also food safety and food preparation hints in general. There was also a large section devoted just to quinoa dishes and ideas. I didn't realize the health benefits of quinoa and how many recipes could possibly exist centered around this one ingredient. But, yes, there are all sorts of recipes out there apparently... Breakfast, lunch and dinner and snacks... they got them all in this book. Another very large section is devoted to smoothie recipes. If you have a blender and enjoy smoothies, then you'll certainly find a recipe you want to try in here. Just started flipping through so I haven't made any of the recipes yet, but at first glance I'm impressed with the variety of ideas and I'm glad I was able to get this for free in order to review the book. And, since I love smoothies and just got a new blender, I'm excited to try several of the smoothie recipes this week. Overall, I highly recommend this set of books, as long as you understand that the bulk (a little more than half) of the collection is all about smoothies. I do think the format could be a little neater, but the information included is a really great little collection, especially for someone who enjoys healthy foods and juices or someone who is trying to find the right path to getting healthy!

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