



The Healthy Heart Cookbook: More Than 650 Recipes for Every Day and Every Occassion (Paperback)

By Joseph C. Piscatella, Bernie Piscatella

Black Dog Leventhal Publishers Inc, United States, 2013.

Paperback. Book Condition: New. 244 x 221 mm. Language: English . Brand New Book. For the millions of Americans living with heart disease, The Healthy Heart Cookbook provides hundreds of delicious and healthy recipes for all the family favorites, from hamburgers to pancakes! In The Healthy Heart Cookbook, Joe Piscatella, a heart patient himself, who has turned his life and health around by following a healthy diet, 700 of the BEST recipes from Joseph C. Piscatella's five cookbooks (which have more than 2,000,000 copies in print and are used by more than 5,500 hospitals). The 700 recipes—which range from Taco Pizza to Grilled Teriyaki Salmon to marinated flank steak and Chocolate Pudding—are quick-to-fix and delicious. Based on guidelines from the American Heart Association, each recipe includes nutritional breakdowns, and the 1000-plus-entry fat-gram counter for common foods makes healthy substitutions a breeze. Perfect for the whole family!.



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Reviews

Absolutely essential read publication. it absolutely was writtern very completely and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Sarai Lebsack**

Thorough guide for book enthusiasts. I am quite late in start reading this one, but better then never. Your lifestyle span will be transform when you total reading this article book.

-- **Lindsey Larson**

Relevant Books



Suite in E Major, Op. 63: Study Score (Paperback)

Petrucci Library Press, United States, 2013. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed originally in four movements during 1907-08, Foote dropped the Theme and Variations while revising the work prior...



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Petrucci Library Press, United States, 2013. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Comissioned by the Committee for the Completion of the National Theatre, Dvorak composed this work in exactly one...



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Scherzo Capriccioso, Op.66 / B.131: Study Score (Paperback)

Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.The Scherzo capriccioso was composed in the same period (1883-84) as the Symphony No.7, Op.70 and the Piano...



In Nature s Realm, Op.91 / B.168: Study Score (Paperback)

Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed in 1891, V P irod (In Nature s Realm) is the first of Dvorak s three concert...