



Eating for Energy: Four Seasons of Real Food

Kathy Parry

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Do you feel run down? Tired by mid-afternoon and uninspired to cook? Eating for Energy: Four Seasons of Real Food will give you the recipes you need to feel inspired and feed your body what it needs. Kathy Parry – Your Real Food Coach has created a cookbook that is a bursting with flavorful, seasonal ingredients and recipes that are easy and delicious. Inside you'll find:

- More than 100 energy-producing recipes that highlight foods from every season
- 18 perfect party appetizers to please even your Swedish-meatball-eating friends (Check out page 113 for Buffalo Cauliflower with Blue Cheese Dipping Sauce or page 111 for Sweet Potato Hummus)
- The ultimate smoothie recipe collection to improve immune function, fight wrinkles, and boost metabolism
- 8 Recipes featuring the SUPER FOOD, Quinoa including, Black Bean, Kale, and Quinoa Soup (found on page 43) and Quinoa Salad with Pears, Tart Cherries, and Pecans (found on page 138)!
- Entrees full of flavor and variety like Savory Zucchini-Crusted Mexican Tart (found on page 106) and Soba Noodles with Thai Peanut Sauce (found on page 107)! AND More....
- FREE Resources to keep in touch with Kathy and get even more delicious, energy-producing recipes
- Two BONUS Sections with Tailgating Foods and a Holiday Brunch Menu

“I want you to live your most energetic life! I want your cells to process food properly and make you mountains of fabulous energy so you can live a big, bold life. And this book contains the recipes that will help you on your way.” Kathy Parry

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Playing with family inside a park, coming to see the water world or hanging out with friends is thing that usually you may have done when you have spare time, subsequently why you don't try point that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Eating for Energy: Four Seasons of Real Food, you could enjoy both. It is fine combination right, you still want to miss it? What kind of hang type is it? Oh occur its mind hangout men. What? Still don't have it, oh come on its known as reading friends.

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