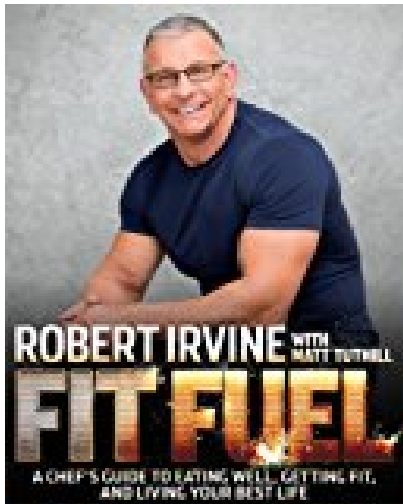


Fit Fuel A Chefs Guide to Eating Well Getting Fit and Living Your Best Life



BOOK DETAILS

- Author : Robert Irvine
- Pages : 200 Pages
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BOOK SYNOPSIS

“Robert Irvine is the Indiana Jones of chefs.” —Bobby Flay With Impossible to Easy, Robert Irvine, the host of Food Network’s Dinner: Impossible and co-author of Mission: Cook, shows busy people how to keep food simple but delicious. Impossible to Easy offers a wealth of tips, sample menus, and “111 Recipes to Help You Put Great Meals on the Table Every Day.”

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