



## Student Cookbook -- Healthy Eating: The Essential Guide

By Ester Davies

Need2Know. Paperback. Book Condition: new. BRAND NEW, Student Cookbook -- Healthy Eating: The Essential Guide, Ester Davies, How can you eat healthily on a budget? What should you eat at exam time? What foods will help you tackle stress? Late nights out, early morning lectures; the busy life of a student doesn't always lend itself to healthy eating. But eating takeaways and snacking on fast food isn't the only way to survive university. This student cookbook will help you prepare and cook healthy meals, proving that quick and easy healthy food doesn't have to be complicated or time consuming, and can be done on a student budget. Discover how to set up a healthy store cupboard, how to select the right foods at exam time and how to prepare healthy snacks and meals. All recipes are calorie counted, so whether you want to cook for yourself, that special someone or your entire flat, there is plenty to choose from. Healthy eating doesn't have to be dull and boring. Discovering the basics of nutrition, coupled with practical advice, will help you to feel and cope better, encouraging you to eat for a healthier life. This is an essential cookbook every student...



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