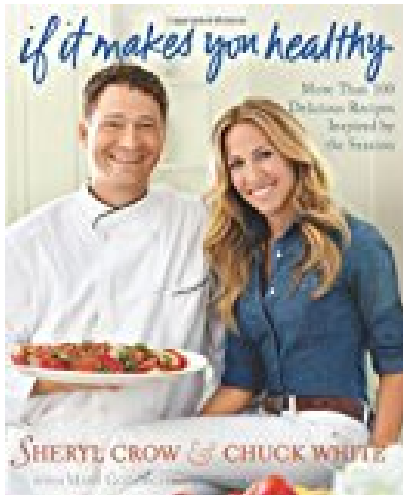


If It Makes You Healthy More Than 100 Delicious Recipes Inspired by the Seasons



BOOK DETAILS

- Author : Sheryl Crow
- Pages : 272 Pages
- Publisher : St. Martins Press
- Language : English
- ISBN : 0312658958

[↓ DOWNLOAD](#)

BOOK SYNOPSIS

Known as much for her youthful looks and natural chic as she is for her sunny and heartfelt songs, Sheryl has written a cookbook that is true to her style Rock star. Activist. Mother of two. How does Sheryl Crow have time to keep so healthy and fit? Sheryl knows how to eat right and deliciously thanks to personal chef Chuck White, affectionately known as "Chef Chuck." The duo met while Sheryl was battling breast cancer, which for her, was a wake-up call to eat better. Since then, Chuck has taught Sheryl how to do just that by cooking foods that are seasonal, locally grown, and vitamin-rich to keep her on top of her game and always ready to perform. This wholesome approach to every dish has been successfully integrated into all aspects of Sheryl's busy life—from dinner parties, to touring, to settling in at home near Nashville, TN with her two sons, Wyatt and Levi. Now Sheryl and Chuck want to bring their nutritious, delicious creations from her kitchen into yours. Rock-and-roll flavored throughout, *If It Makes You Healthy* will have a full menu of approximately 125 recipes grouped seasonally, which reflects Sheryl's busy schedule: Summer months offer tomatoes and corn, and summer also puts Sheryl on the road. Fall and winter brings apples and winter squash, when Sheryl is at home and in the studio. From the big entertaining menus that are prepared for her crew while touring (Mojito braised pork) to small home-cooked meals for Sheryl and her children (basil and apple marinated chicken)—all lushly photographed by Victoria Pearson—this book will be filled with easy and flavorful recipes anyone can make. Along the way, Sheryl opens up about touring and home life with stories about her childhood, her early years as a backup singer, and her eventual stardom.

IF IT MAKES YOU HEALTHY MORE THAN 100 DELICIOUS RECIPES

INSPIRED BY THE SEASONS - Are you looking for Ebook *If It Makes You Healthy More Than 100 Delicious Recipes Inspired By The Seasons*? You will be glad to know that right now *If It Makes You Healthy More Than 100 Delicious Recipes Inspired By The Seasons* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *If It Makes You Healthy More Than 100 Delicious Recipes Inspired By The Seasons* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with *If It Makes You Healthy More Than 100 Delicious Recipes Inspired By The Seasons* and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with *If It Makes You Healthy More Than 100 Delicious Recipes Inspired By The Seasons*. To get started finding *If It Makes You Healthy More Than 100 Delicious Recipes Inspired By The Seasons*, you are right to find our website which has a comprehensive collection of manuals listed.