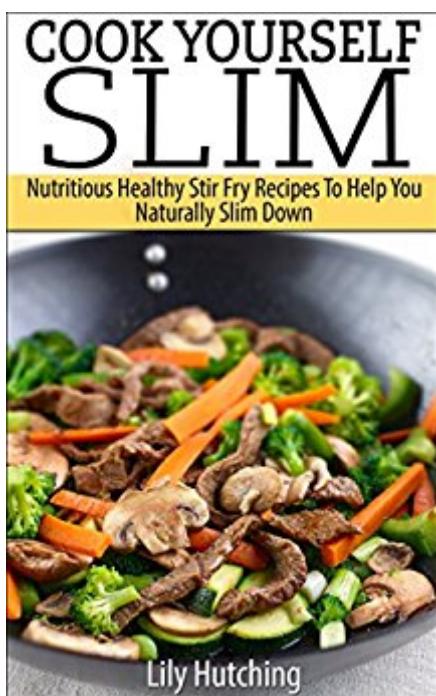


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# Cook Yourself Slim: Nutritious, Delicious, Quick And Easy Stir Fry Recipes



## **Synopsis**

As a mum and a chef, family life can be chaotic but as we all know, it is important to still eat right, to stay slim and to avoid too much junk food. This Recipe book is a culmination of my years of experience juggling work and home life, where I have put together quick healthy stir fries to keep you and your family slim and well. My kids love it and so does every other child but as parents and responsible families we have to understand the nutritional value of food. Quite frankly, frozen readymade foods aren't high on nutrition although they are great on taste and satiating hunger, to say the least. One of my specialties as a chef include fried recipes and it was while I was preparing a quick stir fried dish that I realized just how easy and quick stir frying was. I decided to note down recipes that I have either learnt from other chefs or experimented with in my free time. Now, I am happy to present my collection, Nutritious Stir Fry Recipes.

**How Do I Know My Recipes Are Nutritious?** Because every recipe uses vegetables and natural ingredients, even those that have meat in them. Stir frying doesn't use much oil and hence lacks fat. Since you are making them from scratch, it also lacks monosodium glutamate, commonly found in frozen food items. In short, everything is nutritious and healthy! So if you are looking to, give your body the right nutrition, make delicious stir fries with natural ingredients and recipes you can cooking in under 30 minutes then I promise you a whole host of recipes that will cater to any taste profile – from kids to adults, parties to dates, all recipes are quick, easy to cook, healthy and above all tasty.

## **Book Information**

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