



Italian Recipe Cookbook: Delicious and Healthy Italian Meals: Italian Cooking

Chef Paolo Ferrari

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Italian Recipe Cookbook: Delicious and Healthy Italian Meals: Italian Cooking Chef Paolo Ferrari
Italian Recipe Cookbook: Over 40 Delicious and Healthy Italian Meals Allows you to Maximize Your Health, Your Weight Loss Endeavors, and Your Overall Nutrition.

You've heard that the Italians live the best kind of life, right? Make that vibrant, beautiful life your own with these Italian appetizers, salads, soups, pizzas, pastas, main dishes, and desserts!

The Italians are some of the slimmest and healthiest people in the world. It doesn't make sense, does it? After all: they eat pasta and pizza all day, every day. However, with this book, you can begin to comprehend that their recipes are truly healthful, filled with fiber, nutrients, and protein. Furthermore, you can understand their unique way of life: HOW they eat in order to make themselves thin—not WHAT they eat.

The Italian Recipe Way of Life Brings Simplistic, Flavorful Ingredients for Bountiful, Enriching Ingredients.

This cookbook offers over 40 Italian recipes, each with herbs that actually contain medicinal properties, perfect to enrich your body and mind. Furthermore, you can track your carbohydrate, fat, protein, and calorie count with each serving, which for many is the road to weight loss.

Life the Life of an Italian Today, one Lasagna, Pizza, or Tortellini Serving at a Time.

Creamy, rich, and vibrant foods are yours with this intriguing recipes cookbook. Enjoy each serving and remember to live a luxurious, confident, and beautiful life. This is the secret of the Italians: eat well, eat slowly, and engage with the world around you.



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