



Cooking Light Volume 1 (Complete Boxed Set): With Light Cooking, Freezer Recipes, Smoothies and Jucing

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The "*Cooking Light: Volume 1*" Boxed Set contains three (3) titles, all geared towards helping the reader to live a healthy and productive life.

Upon reading this Boxed Set, the reader will become an expert at preparing quick and easy, yet healthy and tasty meals for him/herself, friends or family. This Boxed Set includes information on preparing **seafood** and **poultry freezer recipes**, **preparing vegetarian freezer meal recipes**, thawing freezer meals safely, the green juice diet, tips for dieting success, tasty green juice recipes, smoothie recipes for detox, smoothie recipes for vitality and health and many more.

Book 1: *50 Quick and Easy Freezer Recipes: How To Prepare Healthy Weekly Recipes For The Family.*

Book 2: *Light Cooking: Tasty Quinoa Recipes and Green Juicing.*

Book 3: *Smoothies Are like You - Smoothie Food Poetry for the Smoothie Lifestyle.*

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