



Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes

By Pearl Barrett, Serene Allison

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In their debut cookbook, the Trim Healthy Mama's share hundreds of delicious, healthy recipes to help readers successfully slim down while eating well. This companion cookbook to the bestselling *Trim Healthy Mama Plan* is just what readers have been waiting for. It features simple, mouthwatering, recipes for breakfast, lunch and dinner—including slow cooker and one-pot meals, hearty soups and salads, omelets and waffles, pizzas, breads and more. No Trim Healthy Mama should be deprived, so there are also favorite snacks, delectable desserts, and the smoothies, sippers and teas fans love. With pantry-stocking advice, time-saving tips, and information on how to cook for the entire family, the *Trim Healthy Mama Cookbook* offers a delicious and nutritious way to make trim and healthy meals with less stress—so you have more time with your loved ones.

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Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes By Pearl Barrett, Serene Allison Bibliography

- Sales Rank: #491 in Books
- Brand: WaterBrook Press
- Published on: 2015-09-15
- Released on: 2015-09-15
- Original language: English
- Number of items: 1
- Dimensions: 9.13" h x 1.22" w x 7.40" l, 2.95 pounds
- Binding: Paperback
- 512 pages

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Editorial Review

About the Author

SERENE ALLISON and PEARL BARRETT are sisters who share a passion for healthy eating. They both have large boisterous families and love to experiment in the kitchen on ways to best nourish their families and stay slim and healthy in the process. They are former Christian recording artists who traveled extensively for the record label, but they relinquished their touring careers to embrace a life at home with children, dinners, dishes, and diapers. They never looked back.

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