



American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition

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A HEALTH COOKBOOK FOR WOMEN BY WOMEN

The American Heart Association's Go Red For Women social initiative has inspired hundreds of thousands of women to eat nutritiously, exercise regularly, and maintain a healthy weight. Now the iconic "red dress" can be your kitchen companion all year long, with **200 recipes to help you take charge of your health.**

By cooking wholesome meals at home, you can easily and significantly reduce your risk of heart disease, which takes the lives of more women each year than all forms of cancer combined. *The Go Red For Women Cookbook* helps you stick to your health goals with recipes for **guilt-free drinks, appetizers, dinners, and desserts** for gatherings with friends and **breakfasts on the go, brown-bag lunches,** and **snacks** for the whole family. Recipes include:

- Vegetable-Shrimp Spring Rolls with Honey-Jalapeño Sauce
- Chipotle Tomato Soup
- Spinach Salad with Apples and Caramelized Radishes
- Kale Salad with Sweet Citrus Dressing
- Lime-Basil Tilapia
- Jerk Chicken with Mango-Avocado Salsa
- Portobello Ragout with Sun-Dried Tomato Polenta
- Garlicky Greek Salad Pizza
- Sangría-Style Punch
- Lemon Mini Cheesecakes
- Red Velvet Cake Pops

A necessary primer on good nutrition, weight control, and smart grocery shopping as well as how to live and enjoy a healthy lifestyle while helping to prevent heart disease, *The Go Red For Women Cookbook* makes it easy for you to adopt healthy eating habits.

From the Hardcover edition.

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From reader reviews:

Nicole Oneal:

Hey guys, do you would like to finds a new book to see? May be the book with the subject American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition suitable to you? The actual book was written by well-known writer in this era. Often the book untitled American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition is the one of several books this everyone read now. This book was inspired a lot of people in the world. When you read this book you will enter the new age that you ever know ahead of. The author explained their concept in the simple way, thus all of people can easily to comprehend the core of this publication. This book will give you a lot of information about this world now. So you can see the represented of the world within this book.

Glady Curry:

Reading can called head hangout, why? Because if you find yourself reading a book specially book entitled American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition the mind will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely will become your mind friends. Imaging every word written in a reserve then become one form conclusion and explanation that maybe you never get ahead of. The American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition giving you yet another experience more than blown away your mind but also giving you useful details for your better life on this era. So now let us show you the relaxing pattern at this point is your body and mind will be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

Mark Gibson:

Are you kind of stressful person, only have 10 or even 15 minute in your moment to upgrading your mind ability or thinking skill also analytical thinking? Then you are receiving problem with the book in comparison with can satisfy your short space of time to read it because all this time you only find e-book that need more time to be examine. American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition can be your answer given it can be read by anyone who have those short extra time problems.

Shannon Palmer:

Is it anyone who having spare time in that case spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition can be the response, oh how comes? A fresh book you know. You are therefore out of date, spending your spare time by reading in

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