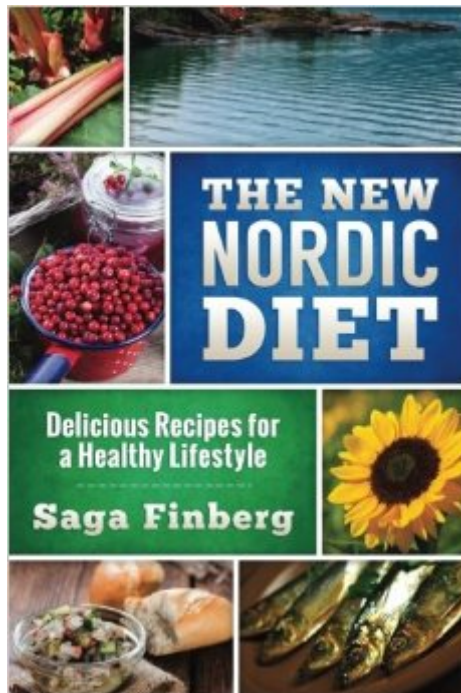


The book was found

The New Nordic Diet: Delicious Recipes For A Healthy Lifestyle (Volume 2)



Synopsis

40 Mouth Watering Fish, Seafood and Game Recipes with Desserts Introducing guilt free healthy eating with the New Nordic Diet Created in 2004 by a group of chefs and nutritionists, THE NEW NORDIC DIET is built on concepts that are familiar to the Nordic people â “ Swedish, Finnish, Norwegians and Danes - and it relies on local, simple and fresh ingredients, rustic flavors and simple ways of cooking the food if not eating it raw. The main focus of this diet is reducing the risk of cardiovascular disease, but it has been proven to boost metabolism and reduce the risk of type 2 diabetes, while having a good impact on weight and general health and energy. Go ahead, eat like a Viking and lose weight, feel healthier and enjoy delicious new recipes.

Book Information

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Best Sellers Rank: #693,921 in Books (See Top 100 in Books) #90 inÂ Books > Cookbooks, Food & Wine > Regional & International > European > Scandinavian #1361 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

This is for both newbies to the Nordic Diet as well as those who've been doing this for a very long time. There is a short introduction on what the Nordic diet is, what its main concepts are, the main foods it consists of, and its benefits. From there, there are tons of delicious recipes! Each is different, but most can be prepared very easily. Even though these foods are really healthy, I've tried out a few of the recipes and they taste amazing as well!! If you're looking to start a new healthy diet, then this book will help you get there. Stop stressing about what you have to buy or make for every meal... this book makes it easy!!

I am always looking for new recipes for healthy meals and this book has so many wonderful ones.

We all know fish is good for us and especially if you love salmon this book is for you. The recipes sound absolutely delicious and I can not wait to try them. I love venison and fresh berries as well as haddock. Each recipe is complete, covering everything you need from ingredients, how to prepare it and prep time. They look very easy to make and will make eating healthy so much simpler. There are so many preservatives and additives in everything and I love knowing I can make yummy meals for my family and know exactly what is in them. This book is awesome and I thank Saga Finberg for putting it all together. I recommend this recipe book to anyone who wants delicious meals. Bon Appetite'!

Delicious, flavorful, and filling! All the recipes are very healthy and tasty, especially if you love fish like me! A huge variety of recipes that are yummy and good for you at the same time.

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