



Eating Well: A Seasonal Recipe Calendar for 2009

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EatingWell magazine brings you this 2009 engagement calendar designed to assist and support you and your family in making healthy food-related choices throughout the year. The recipes and suggestions packed into the calendar focus on freshness and nutritional balance, with conscious glances toward locally grown produce and sustainable practices. With today's busy families in mind, the calendar's fifty-three recipes--on perforated tear-out pages--were selected for ease and speed of preparation. The calendar also includes health tips, full-page 2009 and 2010 yearly grids, a list of international holidays, and a page for notes.

Size: 6 x 8 1/4 in.; 168 pages; 53 tear-out recipes; Wire-O bound, softcover with flaps. Printed on recycled paper using soy-based inks.



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Sherry Spears:

Playing with family in the park, coming to see the coastal world or hanging out with close friends is thing that usually you have done when you have spare time, and then why you don't try point that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Eating Well: A Seasonal Recipe Calendar for 2009, you can enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't buy it, oh come on its referred to as reading friends.

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