



# **The Healthy Husband Cookbook: Quick and Easy Recipes to Feed The Man You Love Good Food And Good Health (How To Cook Healthy In A Hurry) (Volume 3)**

*Helen Cassidy Page*

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Can't get your husband to eat healthy? Let's face it. Sometimes we care more about our husband's health than they do. But now a renowned cook, caterer, and food writer reveals her secret tips and techniques for transforming artery-clogging, belly-fattening, disease-promoting food into healthful, delicious and easy recipes designed for a man's appetite. She has been doing it for decades for publications such as Bon Appétit, Gourmet and Men's Fitness. Now let her show you how you can give your man what he wants with over 50 delicious "man-approved" recipes while you get what you want - a healthier, happier husband. Imagine peaceful mealtimes because you're serving food you feel good about, and he's eating food he, too, feels good about. Imagine no more complaints about rabbit food on the plate when he wants a man-sized, rib-sticking dinner. Imagine saving money because you don't have to serve those expensive cuts of meat every night. Imagine having a leaner, sexier husband who feels better about the way he looks and feels. But don't take our word for it. Listen to what Frank has to say about The Healthy Husband Cookbook: "I'm a giant teddy bear of a man with black bear weight (450+) . . . my wife bought me this book. Helen Page understands a man's stomach. . . . The recipes are hearty and satisfying. I've dropped a good amount of weight in my gut. Thank you Helen, why can't more women understand a man's stomach like you?" Wouldn't you like to put your husband on the same fast track to good health and good food? Your husband won't feel deprived or hungry with recipes such as: Grilled Lamb Chops with Preserved Lemons and Olives Spinach, Bacon and Mushroom Salad (yes, bacon!) Ricotta Chocolate Mousse And all the while you can relax because, while you make your husband happy with delicious, easy to prepare meals, you are also helping him live longer and healthier. You won't have to worry any more about your husband becoming a heart disease statistic, or facing strokes, high blood pressure or other life-threatening diseases down the road because of his diet. Because, let's face it. We have to do something about the modern diet. It's killing the men we love. Click the "Buy" button at the top of the page to begin serving world-class healthy food to your world-class husband.

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