



The Heart Healthy Cookbook for Two: 125 Perfectly Portioned Low Sodium, Low Fat Recipes

Jennifer Koslo, Sarah Samaan (Foreword)

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LIMITED TIME PROMOTIONAL PRICE

“Jennifer Koslo’s recipes are delicious, easy to follow, and super healthy. Whether you have already embraced a healthy diet and are simply looking for new adventures in cooking, or perhaps trying to turn your health around, *The Heart Healthy Cookbook for Two* is a wonderful resource.”

—Sarah Samaan, MD, FACC, author of *Best Practices for a Healthy Heart: How to Stop Heart Disease Before or After It Starts*

Following a heart healthy diet is just one of the aspects involved in caring for your heart. Yet, for many, it is the most stressful. But sticking to a healthy eating plan shouldn’t mean agonizing over complicated recipes, enduring never-ending leftovers, or wasting ingredients and time.

When cooking with heart health in mind, portion sizes are just as important as ingredients. Cardiac dietitian and renowned nutrition expert Jennifer Koslo has mastered this dilemma to offer a comprehensive yet easy-to-follow heart healthy cookbook.

Recipes intended for four to six can have unwanted consequences for both your wallet and your waistline, but *The Heart Healthy Cookbook for Two* leaves all of that behind and delivers perfectly portioned meals every single time. Whether you have a current heart condition or are working towards prevention, *The Heart Healthy Cookbook for Two* provides the help you need to get the results you want by offering:

Perfect-for-two portions that help you say “goodbye” to the guesswork of halving recipes and confidently prepare quick, appropriately-portioned meals **Clear explanations of what “heart healthy” really means** so you learn what to eat and what to avoid **125 delicious, nutrient-rich recipes** plus smart tips to make the best use of fresh ingredients **A suggested four-week meal plan** to get started right away

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The Heart Healthy Cookbook for Two: 125 Perfectly Portioned Low Sodium, Low Fat Recipes Details

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From Reader Review The Heart Healthy Cookbook for Two: 125 Perfectly Portioned Low Sodium, Low Fat Recipes for online ebook

Naomi says

I didn't find this book as rocking as the other cookbook of this author's I just purchased. I felt the recipes were too loaded down with quinoa, which just grosses me out. I walked away with only a handful of recipes I'd make.

Jean says

A lot of the recipes call for items I don't usually keep in my pantry; otherwise, I like the recipes. The banana nut muffins were awesome. The first 3 muffin recipes call for different flours. Could spend a lot of money purchasing ingredients. Overall, however, it was great, esp. for small portions.

Kim says

Great recipes, wish it had more pictures. Would like to see an easier version, some recipes had a lot of ingredients. Good book with easy to get ingredients.

Lindsay says

A nice variety of recipes that are heart healthy. While I initially bought this to make some healthy meals for my Dad after he had heart surgery, there are a few recipes in here in my regular rotation now. In fact the method shared for cooking pork loin is wonderful and I don't cook my pork loin any other way. I may change the seasonings or marinade, but this method comes out perfect every time. After a month of hospital food my Dad wanted something with flavor that wasn't bland. Many of these recipes helped provide him flavorful meals as he recovered and becomes accustomed to changes in eating habits.
