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Hot, Healthy Lunches For Your Heart: The Low Sodium Lifestyle System For Fast, Easy Meals You Can Make At Work

Hot, Healthy Lunches for Your Heart

The Low Sodium Lifestyle
System for Fast, Easy Meals
You Can Make at Work



Elaine C. Oldham



Synopsis

If you're on a salt-restricted diet, you too have faced the choice of what to get for lunch. This is the meal most likely to come from a fast food restaurant or the freezer section of the grocery store. Having only 30-60 minutes for lunch at work makes convenience a necessity. What's more convenient than a frozen dinner done in five minutes or a bag picked up at the drive-thru window of your favorite fast food franchise? These aren't always the best options for people on a salt-restricted diet. Here's a third alternative, a way that is healthy as well as fast and convenient. With this book, you can make delicious low sodium meals using the microwave or toaster oven in the break room or kitchenette at your job or any place where you cook meals. Bring healthy "home cooking" with you to the workplace. This is a cookbook and more for people wanting to eat a low sodium diet. It provides you with: The steps to set everything up in your kitchen at home so you can "grab and go" a healthy lunch even on those days when you're running late. Tips throughout to help you along the way. Flavorful, low salt recipes with their sodium levels that you can prepare at your job. Each side dish and main dish is a single serving, so you don't need to "do the math." Scroll back to the top and get your copy now!

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