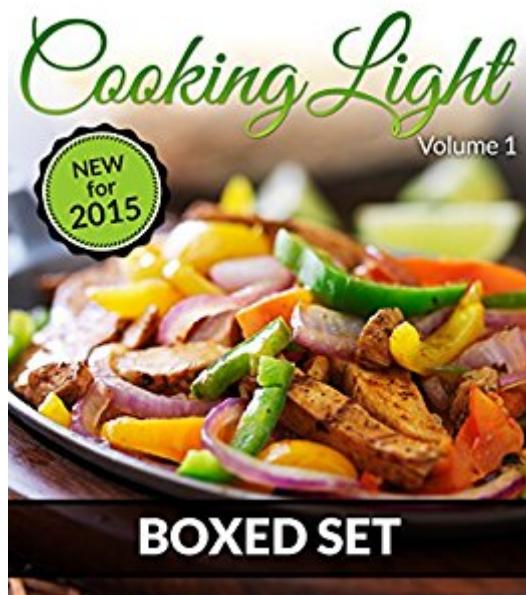


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# Cooking Light Volume 1 (Complete Boxed Set): With Light Cooking, Freezer Recipes, Smoothies And Juicing



## **Synopsis**

The "Cooking Light: Volume 1" Boxed Set contains three (3) titles, all geared towards helping the reader to live a healthy and productive life. Upon reading this Boxed Set, the reader will become an expert at preparing quick and easy, yet healthy and tasty meals for him/herself, friends or family. This Boxed Set includes information on preparing seafood and poultry freezer recipes, preparing vegetarian freezer meal recipes, thawing freezer meals safely, the green juice diet, tips for dieting success, tasty green juice recipes, smoothie recipes for detox, smoothie recipes for vitality and health and many more. Book 1: 50 Quick and Easy Freezer Recipes: How To Prepare Healthy Weekly Recipes For The Family. Book 2: Light Cooking: Tasty Quinoa Recipes and Green Juicing. Book 3: Smoothies Are like You - Smoothie Food Poetry for the Smoothie Lifestyle.

## **Book Information**

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## **Customer Reviews**

The first book concerns freezer meals, which is a way to save time during the week while ensuring you can still have a hot meal at the end of the day or to start your day. This isn't a bad idea and we do it sometimes too, but we won't be using most of these as they aren't as spiced or flavorful or

veggie rich as we like. There's three recipes in here that we will use, but with a lot of modifications. The author also gives some helpful tips on preparation and storage of these meals. The second book has a section on green juicing and the other on quinoa. There's multiple juicing recipes I liked and several have already made it into rotation so far including the first juice using coconut water I've ever liked. There's an excellent Swiss chard and collard green one and the flavors in all the ones I've tried so far have been well balanced so you're not experiencing too much sweetness from fruit or too much bitterness from certain greens. However the section on quinoa really bothered me. When anybody is that adamant that something will transform your life and help solve all problems, it comes across as culty or snake-oil salesman. I'm not disputing that quinoa is a great food for a variety of reasons or that a healthy diet helps improve your life, it was just presented too over-the-top and in too devoted a manner. Mostly the breakfast section of recipes appealed to me-some tasty combinations I hadn't been previously doing. The main dishes relied heavily on meat but there was a quinoa casserole with pineapple I like and a quinoa frittata my SO likes. My SO is interested in trying some of the other main dish meat ones in the future. There's also an herb bread recipe that is quite good. The next book has 11 smoothie recipes. I liked the Pumpkin Pineapple and Kale Romaine ones so far. Though there is one smoothie that added sugar which I didn't understand as it was pretty fruity and didn't need it. There's a link to a "healthy nutrition system" that redirects to an error message. The next book is about smoothies for weight loss. Each recipe included personal rules for weight loss that were the same for each recipe. That unnecessary repetition got under my skin a bit. The next book is on clean eating and there's a Pita Sauce my SO adores. There's another few books on smoothies and juicing which I've seen as parts of other sets before. As such I consider them "bonus books" and didn't go through each recipe individually again. For me the second book is the most useful. It has the most recipes that I'll use that I haven't (so far) seen bundled elsewhere. As a free Kindle book, this is worthwhile to download. If you aren't familiar with cooking ahead for the week or the month, the tips provided in the first book are useful. You can always modify the recipes or use your own once you know the techniques. I've been looking at a number of juicing books lately, and I definitely like the juices provided in the second book. I also walked away with recipes from the quinoa section and a few from the next couple of books. I did have to go through some clunkers (for me - tastes are subjective) and was sometimes turned off by the writing.. I did receive this at a free or discounted rate in exchange for my honest review.

I just received my digital copy of this book and have gone through many of the recipes and I am

pleased with the way it is written, and the number of recipes included which are not hard to follow if you are a novice or even an avid cook. I do know how to cook but prefer to bake, but there are recipes for both. The recipes and ingredients used are what I would choose for the most part, but there are many recipes that are using techniques or ingredients that are new to me, which I love. I love my vegetables, and fruits and enjoy cooking with the multitude of choice this set provides. My husband is a retired chef and thought that you were going to get "physical" books, as opposed to digital books, he is old school and older than me, so his eyesight isn't the best. However, I like the digital one myself, as it doesn't take up room on the shelf.. haha. If you are looking to increase your cooking knowledge for healthy foods, or need to for health reason, you will love this set. Overall, I would consider this set to be a great purchase for the beginning cook or the chef in your household. You will be amazed at the number of recipes and how clear they are written. This set can be your "go to" for dinner when for any night of the week. I did receive this set at a discount, and found them to be well written, and easy to follow. This would be a great addition to anyone's home, who is looking to get healthy or just eat good food

The beginning of the book has everything you need to know about the book itself, Cooking light box set is full of delicious healthy easy to prepare meals ahead of time, and even if you don't prepare and freeze the recipes are still easy and healthy. the only con of the book set is a little over half of the set is all smoothies, altho I do love a good smoothie I don't drink a lot of them; but if you are looking to sub a meal there are some great choices different flavors and healthy. The cooking light box set is a great recipe set to have rather you are young or older, busy or just want the extra time with family.i received this product for free in exchange for my review.

Cooking Light Volume 1 (Complete Boxed Set): With Light Cooking, Freezer Recipes, Smoothies and JuicingThis is a rather broad collection of books, but I like it. It covers freezer meals, cooking with quinoa, juicing and smoothies. I thought it was an odd combo, but I ended up really liking some of the recipes. The editing needs a lot of work so you have to get past the typos and grammatical errors, but the information contained is worth the mistakes. First off, each book is extremely detailed with the "why" behind the food or the method. Each author is obviously dedicated to their particular choice so be prepared for a bit of a promise to change your life, but just keep in mind what your specific plan is rather than falling in to the hype. I didn't read this planning on going 100% freezer meal, juice fasting, replacing all meals with smoothies or incorporating quinoa into every meal and I still don't plan on doing any of that. I would like to have a smoothie or juice a day as a snack, use

quinoa at least once a day and prepare freezer meals here and there when life is hectic. So, make this work for you, it doesn't have to be the all or nothing approach. The recipes themselves are all super simple and quick regardless of which book they come from. The freezer meals and quinoa ones are a bit meat-centric for me so I have to modify them, but that is just my personal preference (I rarely eat meat at all). The juicing and smoothie recipes are plentiful and quite different than many I have seen. There are also a bunch of very savory, dessert like ones that will certainly replace a bowl of ice cream or pudding quite easily. A few of the ingredients are not the easiest for me to find where I live, but can easily be substituted or left out so I would not be too concerned about it. Although I received this product for a discount, I can assure you that in no way affected my rating of this item.

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