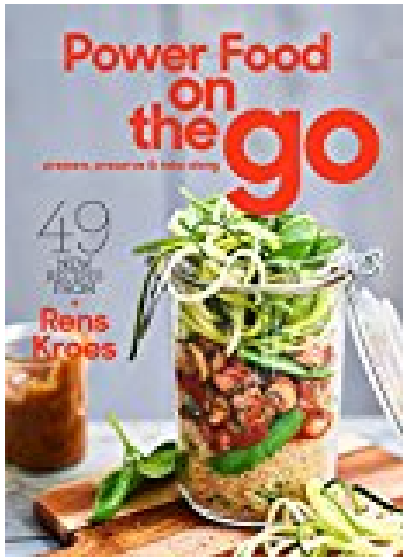


Power Food On the Go Prepare Store and Take Away 49 New Power Food Recipes from Rens Kroes



BOOK DETAILS

- Author : Rens Kroes
- Pages : 144 Pages
- Publisher : Fair Winds Press
- Language : English
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BOOK SYNOPSIS

Power foodies are constantly on the go--to work, to the gym, or play--Rens Kroes wants you to take your delicious and healthy food with you! There's no reason to buy a smoothie at the spin class smoothie bar, make your own favorite Power Food smoothie and bring it with you! Busy days at work often mean finding a lunch at a food truck or cafe, but not with Rens make-ahead ideas and cool take-along packaging! You'll be able to bring your own Power Food lunch with you to work. Energetic from the design, to the recipes, to the beautiful food and lifestyle photography within, Power Food On the Go will inspire you to embrace the Rens Kroes enthusiasm for food, health, and life on the go.

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