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Healthy French Cuisine for Less Than \$10/Day: Chef Alain Braux (Paperback)

By MR Alain G Braux

Alain Braux International Publishing, LLC, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Chef Alain Braux s approach to healthy eating is literally down to earth in this delightful and extremely useful guide to balanced, nutritious meals on a budget. With a passion for flavor and fresh ingredients, Braux takes us through an eye-opening grocery shopping experience (including the 12 most contaminated foods in the produce section, and what natural really means on food labels), to alternative shopping choices (farmers markets, growing your own). Inspired by the foods he grew up with in his native France, Chef Braux s recipes will not only sate the appetite, but can feed a family of four on roughly \$40 per day! Try the Soupe a la Tomate et aux Pommes (tomato and apple soup, \$2.03 per serving), the Crepes aux Courgettes (zucchini crepes, \$1.18 per serving), or the Poulet Epice au Basilic (spicy chicken with basil, \$2.56 per serving). A truly valuable guide to nutrition, plus who knew French cooking could be so affordable! Chef Alain Braux Bio Alain Braux is a best-selling and award-winning food and health author. Chef Braux is also a food...



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