

[PDF] The Food You Crave: Luscious Recipes For A Healthy Life

Ellie Krieger - pdf download free book

Books Details:

Title: The Food You Crave: Luscious

Author: Ellie Krieger

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Description:

Review "Ellie Krieger, host of the Food Network show "Healthy Appetite," provides healthful, crave-busting recipes in her recently released *The Food You Crave*. Designed to combat cravings, each recipe provides sources of essential nutrients. We tried several that were both good and good for you." -- Joanie Fuson, *IndyStar.com*

About the Author Ellie is the host of Food Network's Healthy Appetite and she has appeared as a guest expert on dozens of programs including Today, CNN, and CBS's Saturday Early Show. Ellie Krieger is a registered dietitian specializing in nutrition and health communications, and her

extensive work in the media has earned her a loyal following and national recognition as a trusted health professional. Ellie is a regular contributor to People's Your Diet and Parenting magazines, was the nutrition columnist for Rodale's Fitness Swimmer, and has written articles for Women's Day, Baby Talk, American Baby and Running News magazines. Ellie is an adjunct professor in the New York University Department of Nutrition, Food Studies and Public Health. She regularly speaks at events around the country. Ellie was also a Wilhelmina model for more than ten years. She received her bachelor's degree, with honors and distinction, in clinical nutrition from Cornell University and her master's in nutrition education from Columbia University.

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