



Edition: 1st Edition 2024
pages: 188
Images: 80
Cover: Softcover; 16,5 x 20 cm
ISBN: 978-3-86867-678-5
Stock No.: 51190
Published: November 2023

Price 18,90 €
Subject to changes!

KVM - Der Medizinverlag

📍 Ifenpfad 2-4
12107 Berlin
Germany

☎ +49 (0) 30 / 76180-5

📠 +49 (0) 30 / 76180-680

✉ info@quintessenz.de

🌐 <http://nginx/kvm/de>

Book information

Authors: Rebecca Föhr
Title: Eat Good. Feel Good.
Subtitle: Vegetarian through the day

Short text:

Over 70 favorite dishes can be found in this book. From delicious breakfast recipes, colorful bowls, pasta sauces, fresh and creative side dishes, spicy dressings, and dips to sweet delicacies and desserts – there's something for everyone here. The book also contains valuable tips and advice on a balanced diet. Many dishes can be combined with each other as the mood takes you, allowing you to create delicious meals for every day, from morning to night. A healthy lifestyle should not mean going without, but should do one thing above all: make you happy! True to the motto: Eat Good & Feel Good.

Categories: Guide Health & Nutrition