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## 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