

[Free read ebook] The Healthy Seniors Cookbook: Ideal Meals and Menus for People Over Sixty (or Any Age)

## The Healthy Seniors Cookbook: Ideal Meals and Menus for People Over Sixty (or Any Age)

Marilyn McFarlane

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#385166 in Books 2008-01-15 Original language: English PDF # 1 9.02 x .45 x 5.981, .70 #File Name: 1933167300212 pages | File size: 50.Mb

**Marilyn McFarlane : The Healthy Seniors Cookbook: Ideal Meals and Menus for People Over Sixty (or Any Age)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Healthy Seniors Cookbook: Ideal Meals and Menus for People Over Sixty (or Any Age):

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Enjoying great food doesn't stop during your senior years! Coming up with a tasty, nutritious meal is now easier than ever with *The Healthy Seniors Cookbook*. Whether cooking for yourself, your spouse, or visiting grandchildren, this book features an easy-to-read, easy-to-use format that provides flavorful meals and simple, fast cooking methods. The book includes: Over 190 delicious recipes for cooking everything from soups and main courses to desserts Helpful hints on shopping, cooking, and fitness to make your dining experience more enjoyable A six-week plan of menus offering variety every day of the week A wide selection of low sodium and low cholesterol recipes Specific recipes that are fun to prepare and share with grandchildren Recipes that have been reviewed by specialists in geriatric nutrition Light or hearty menu alternatives Favorite dishes contributed by a number of senior chefs

From *Publishers Weekly* Shocked by her widowed mother's poor eating habits, travel author McFarlane (*Quick Escapes to the Pacific Northwest*) was inspired to put together this collection of over 190 simple, "healthy" recipes. Most recipes are straightforward, scaled down standards like meat loaf, stuffed peppers and French onion soup. Unfortunately, more than a few give pause. For instance, McFarlane's Pineapple Danish, made by spreading cream or cottage cheese on a slice of whole wheat toast, topping it with a dollop of canned pineapple and a dusting of nutmeg and cinnamon, then broiling, is about as far from a Danish as one can get. Beef 'N Beans, an otherworldly concoction of beef, beans, pineapple, brown sugar and catsup could well be described as depression on a plate. And her Frozen Banana-wrap a ripe banana in plastic wrap, freeze it, then thaw slightly before eating-is hardly a recipe. Though supplemented with advice on topics like decreasing sodium intake and conserving energy ("cook enough for more than one meal" on days when you have more energy), the recipes' hit-and-miss quality suggest readers would be better served elsewhere. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.