



# **Offer the Best: : Cooking to Please Your Family, Your Friends, and Your Fitness Coach**

*Craig Ryan, Amy Ryan*

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# Offer the Best: : Cooking to Please Your Family, Your Friends, and Your Fitness Coach

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**Offer the Best: : Cooking to Please Your Family, Your Friends, and Your Fitness Coach** Craig Ryan, Amy Ryan

*Offer the Best* is a cookbook of delicious recipes that will guide you through a program of eating for a lifetime!

Based on thousands of hours of research, study, and kitchen testing, this remarkable resource provides over two hundred nutritious and delicious meals that will please family, friends, and fitness coaches alike.

Focusing on nine recommended food groups, authors Craig Ryan, CPT-FNS, and Amy Ryan show you how to OFFER the BEST with a diet full of:

- Oatmeal and other whole grains
- Fruits and berries
- Fish and fish oils
- Extra virgin olive oil and other healthy oils
- Raw nuts and seeds
- Beans and legumes
- Eggs
- Spinach, greens, and veggies
- Turkey and other “clean” meats

Designed to show you how to combine both taste and health to help you choose the right nutrition for your body, *Offer the Best* will teach you how to work within the boundaries of your limited budget, time, and energy so you can eat the best food at the best time in the best amount.

A unique blend of nutritional teaching and wholesome, time-tested recipes that even children will love, this book will inspire and empower you as you strive toward your personal dietary goals.

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