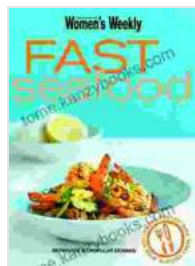


Fast Seafood: Easy, Healthy Seafood Recipes for Every Day



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Fast Seafood by Diana Licalzi RDN MS

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Language : English
File size : 31960 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 422 pages



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- Healthy and nutritious
- Made with fresh, affordable ingredients

Fast Seafood is the perfect cookbook for seafood lovers who want to enjoy delicious, healthy meals without spending hours in the kitchen.

About the Author

Diana Licalzi Rdn Ms is a registered dietitian and certified specialist in sports dietetics. She is the author of several cookbooks, including Fast Seafood and The Everything Guide to Sports Nutrition.

Diana is passionate about helping people make healthy choices. She believes that eating healthy should be easy and enjoyable, and her recipes reflect that philosophy.

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