



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

*Marilyn McFarlane*

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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

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