



The 10 Things You Need to Eat: And More Than 100 Easy and Delicious Ways to Prepare Them

Anahad O'Connor, Dave Lieberman

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New York Times health columnist Anahad O'Connor teams up Food Network chef Dave Lieberman for *The 10 Things You Need to Eat*—a hip, straightforward, and appealing guide for understanding and incorporating the 10 most healthy foods into your diet, with more than 100 easy and delicious ways to prepare them. A fun and unintimidating approach to Super Foods—filled with mouth-watering, user-friendly recipes—*The 10 Things You Need to Eat* is ideal for foodies and non-foodies alike who want to be healthier, look better, and live longer without having to sacrifice when it comes to taste.



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