



Food Swings: 125 Recipes to Enjoy Your Life of Virtue and Vice

Jessica Seinfeld

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From bestselling cookbook author Jessica Seinfeld comes an all-new collection of 125 delectable recipes for the way we eat today: sometimes healthy, sometimes indulgent—always satisfying. We can eat totally clean sometimes, while other times we like to reach for more traditional calorie-filled comfort foods. *Food Swings* offers simple and delicious recipes that speak to both sides of your personality. One half of the book provides recipes for your controlled side, the other half for when you need to feel the wind in your hair. All of it is meant to be enjoyed equally in this fun, something-for-everyone book for home cooks and eaters everywhere.

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