

Healthy Bowls - Good Food

von Dirk Meutzner



Healthy punch blends fresh fruits, vibrant flavors, and natural goodness into a

Explore the vibrant world of healthy bowls, where wholesome ingredients come together in colorful, nourishing combinations. Each bowl is a celebration of fresh fruits, vegetables, grains, and superfoods, offering a delicious balance of nutrients and flavors. Whether it's a smoothie bowl, salad, or grain-based creation, these bowls inspire a healthy lifestyle while satisfying the senses. Perfect for those seeking both nourishment and creativity in their meals, this collection highlights the beauty of simple, yet vibrant, food.

MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SAURDAY SAMEDI	SUNDAY DIMANCHE
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

January · Janvier · Enero · Gennaio · Janeiro

Format: 30 x 30 cm
ISBN: 9783457241028

