



FOOD4FITNESS FANATICS

PRESENTS

**SAM'S
CREATIVE
HOMEMADE
FOOD FIXIN'S**

**A NEW FOOD IDEA COOKBOOK FOR PESCATARIANS AND VEGETARIANS OR SIMPLY
THOSE LOOKING FOR CREATIVE WAYS TO COOK WITH A HEALTHY CONSCIOUS**

Samuel L Mills



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Background pic

SAM'S GORILLA EGG SALAD

SAM'S QUINOA VEGGIE LOAF COLLARD SANDWICHES

Pan Seared Quinoa Veggie Loaf On A Bed Of Organic Spring Mix And Sliced Tomatoes On Collard Leaves As A Bread Substitute With Organic Ketchup.



SOMETHING DIFFERENT FOR YOUR MEATLESS PALETTE?

THIS IS A GREAT CREATIVE MEATLESS MEATLOAF ALTERNATIVE JACKED FULL OF YOUR FAVORITE INGREDIENTS FOR A HEALTHIER WAY TO ENJOY THIS AMERICAN STAPLE. ENJOY.