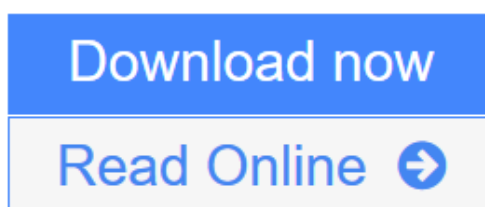




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Chicken is certainly the protein that most of us cook at least twice a week. Why? Because it's reasonably priced, it's nutritious, and most likely, like everyone else, you grew up eating your mother's tasty Boneless Chicken and Baked Chicken Recipes week after week. So let's stick with tradition, but improve the quality of the ingredients you use, and also the type of cooking methods you use in many cases.

This Healthy Chicken Cookbook has been put together for everyone who is looking for new and improved ideas on how to cook this wonderful meat called chicken. There are so many ways, and so many parts of chicken that you can enjoy as well, including but not limited to the Chicken Thigh Recipes. So, open this book and discover over 25 recipes to help you change the routine and possibly even get out of your comfort zone. But either way we promise we will only propose some absolutely fantastic recipes that can be prepared either on a weeknight after a long day of work, or for a romantic evening with your spouse.

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