

Chef

e x p r e s s

This collection features a wide **variety of recipes to delight family and friends** at all times and on all occasions. All recipes have been rigorously tested and **the results are guaranteed**. A visually compelling collection with a **fresh design** and trendy and enticing photography; perfect for **bookstore or supermarket shelves**.

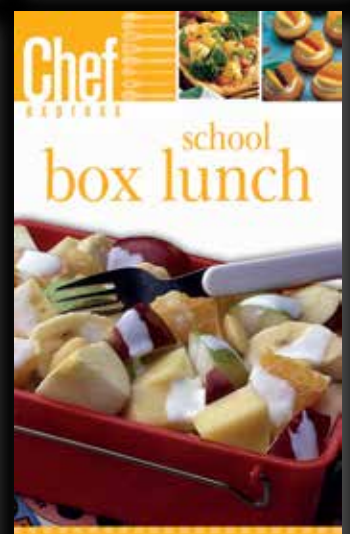
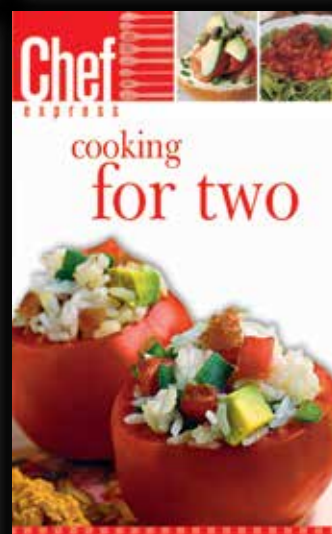
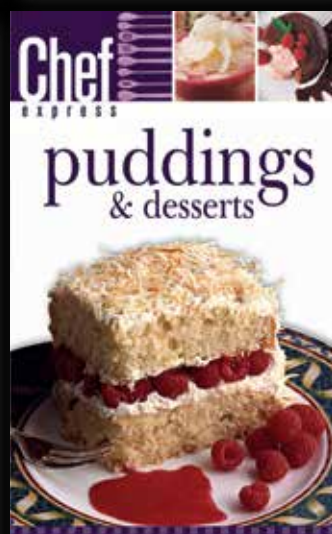
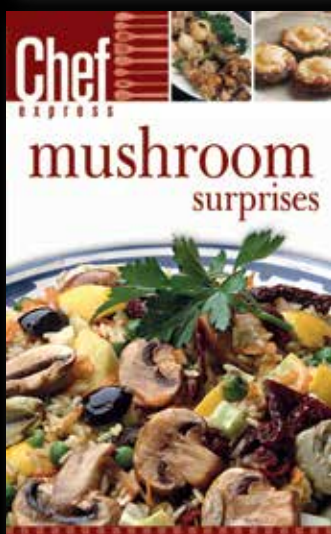
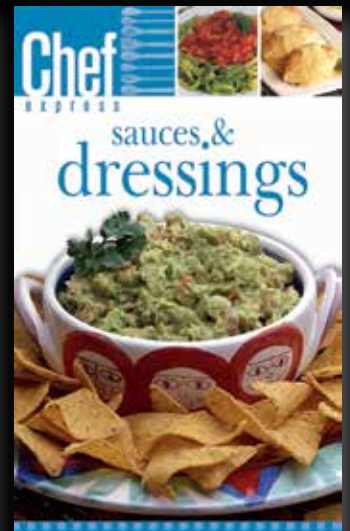
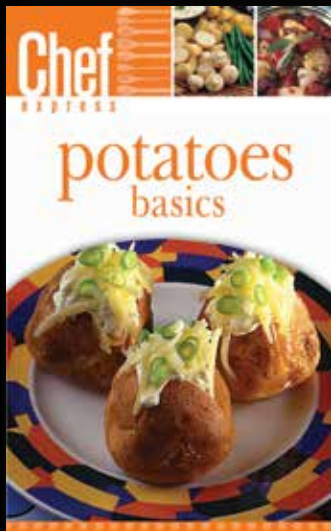
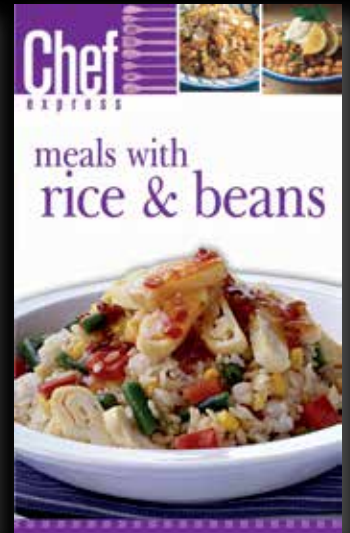
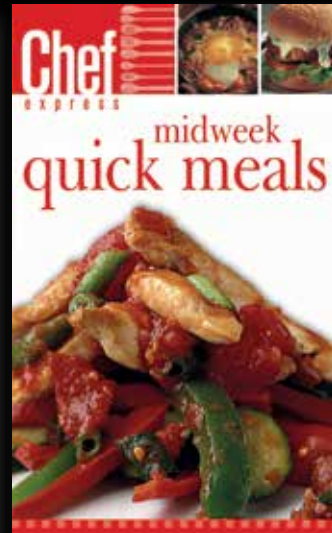
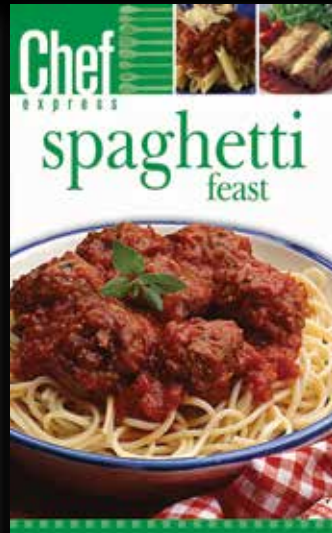
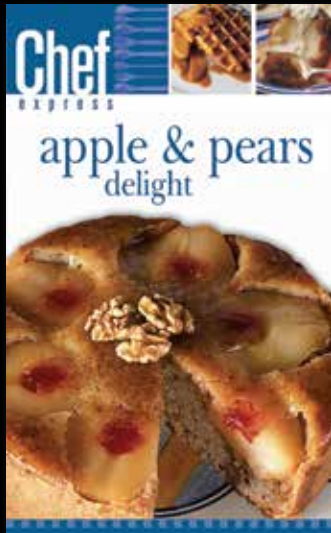


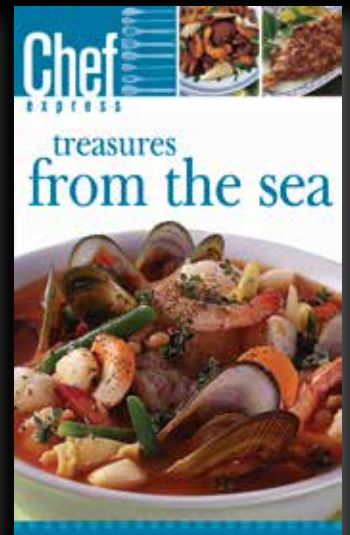
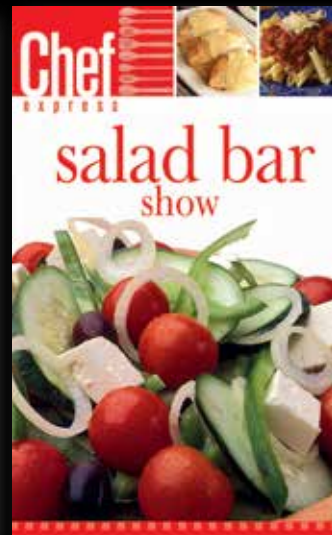
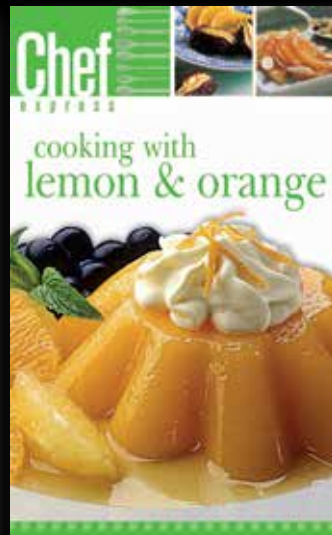
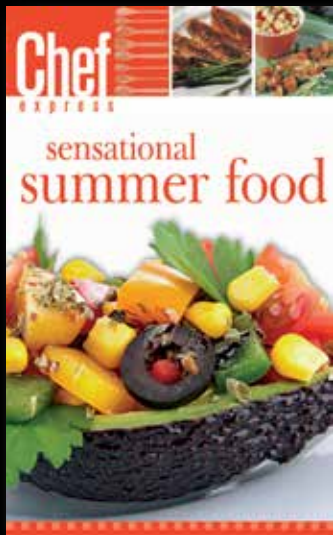
- DIGITAL & PRINT EDITIONS
- CUSTOM BRANDING
- LICENSES AVAILABLE

COLLECTION

- 76 BOOKS WITH 30 RECIPES EACH
 - 64 PAGES
- 30 RECIPES PER BOOK
 - 5 1/8" x 8 1/4" FORMAT

For More Information email: sales@chefexpressmedia.com



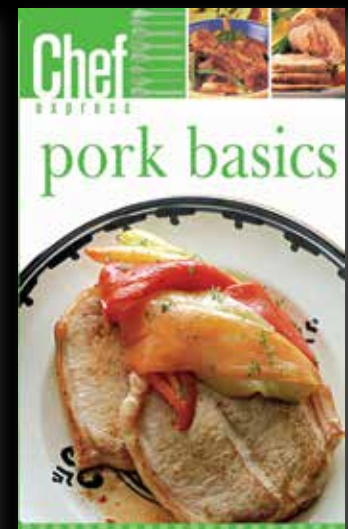
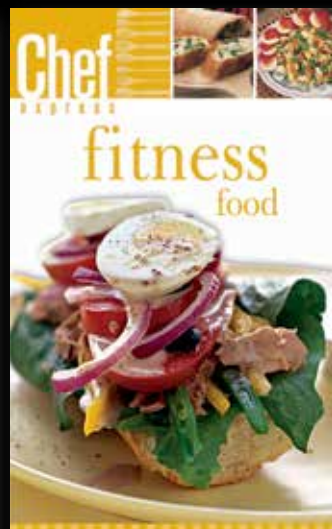
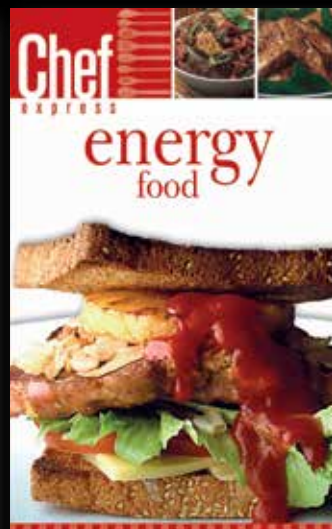
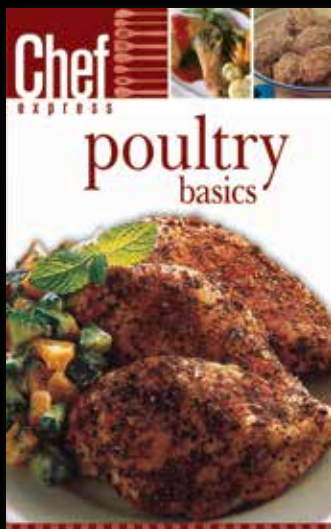
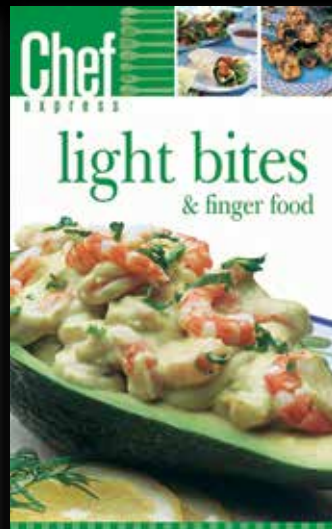
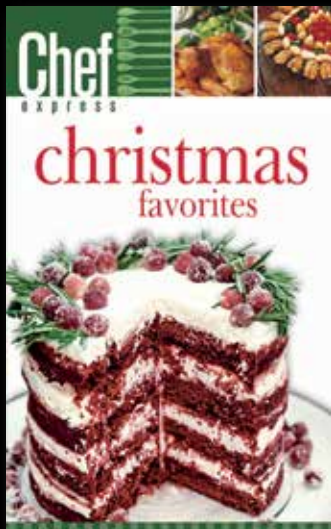
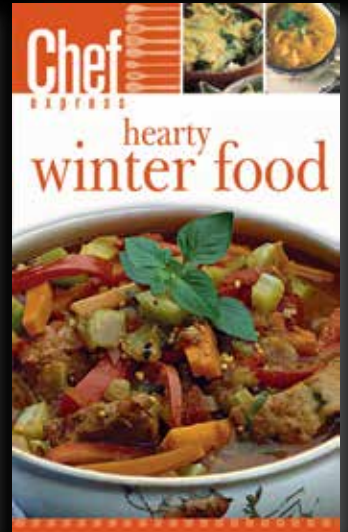
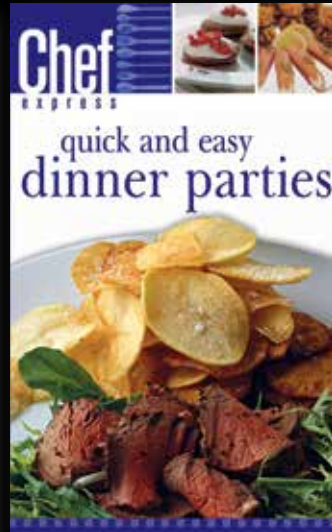
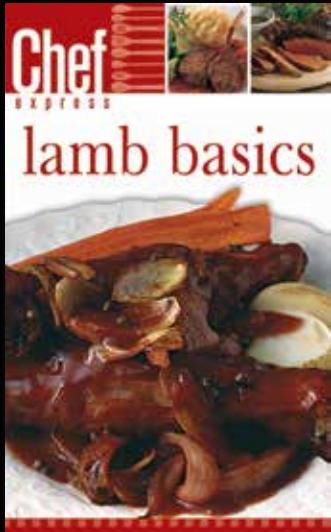


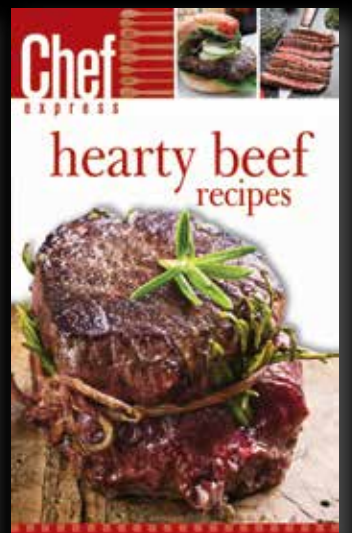
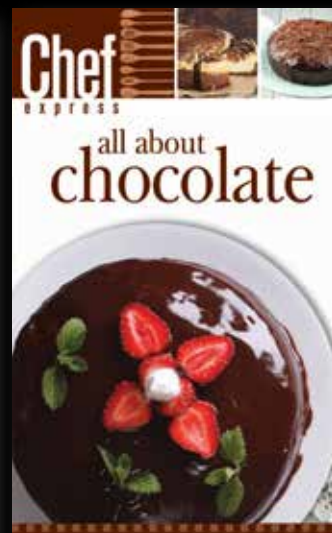
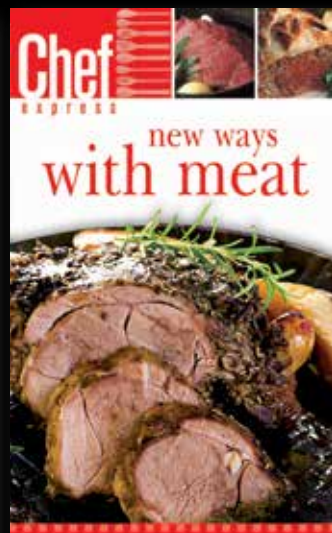
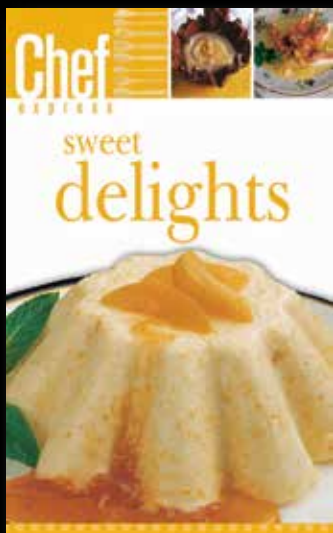
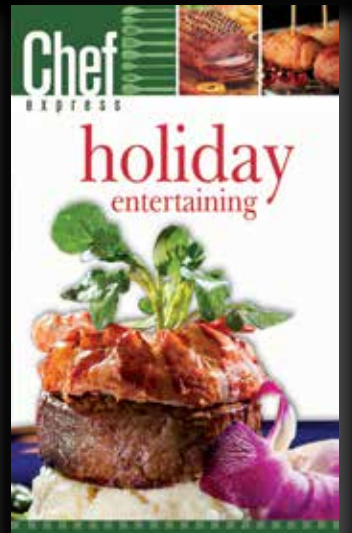
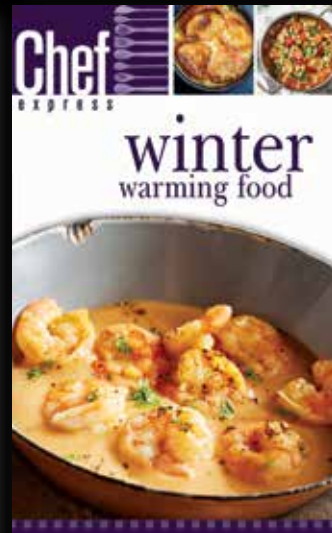
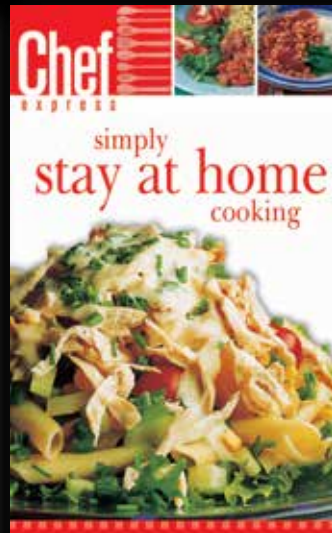
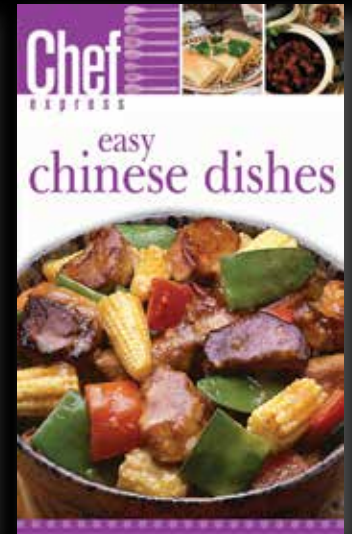
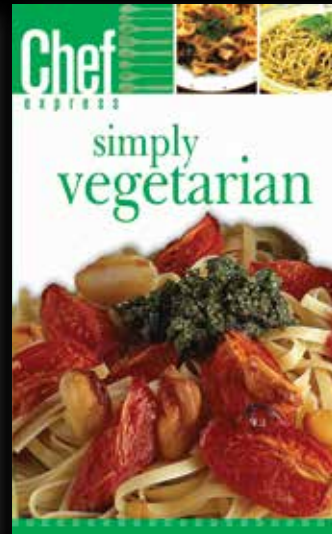
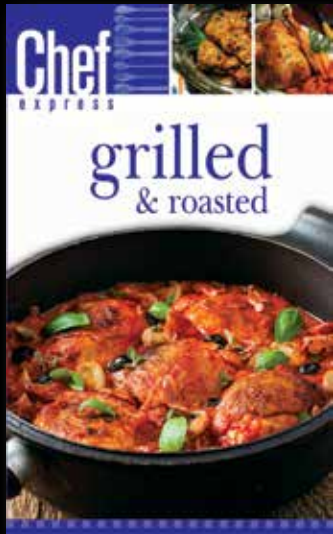
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express

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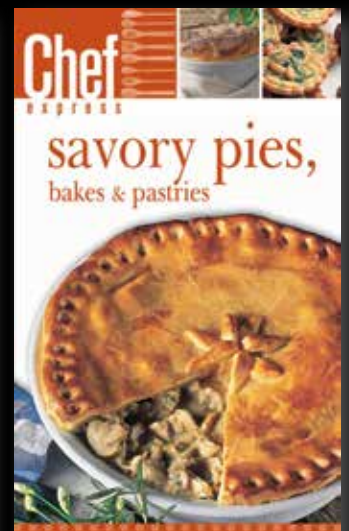
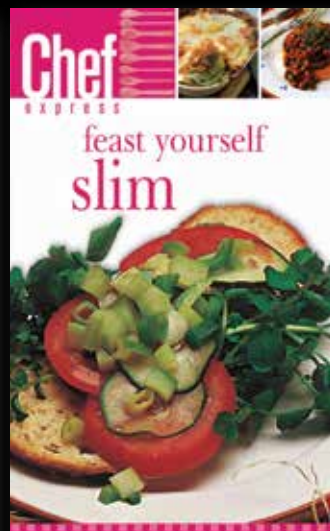
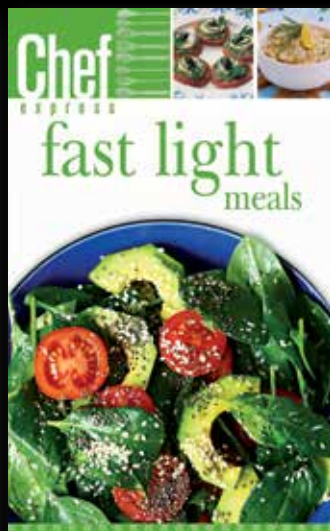
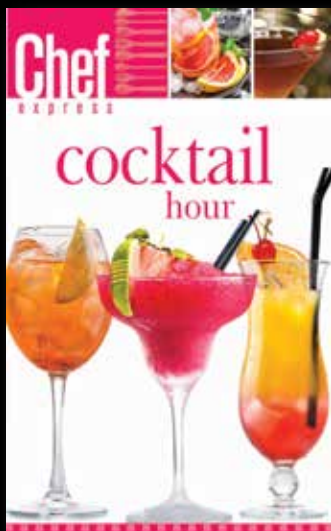
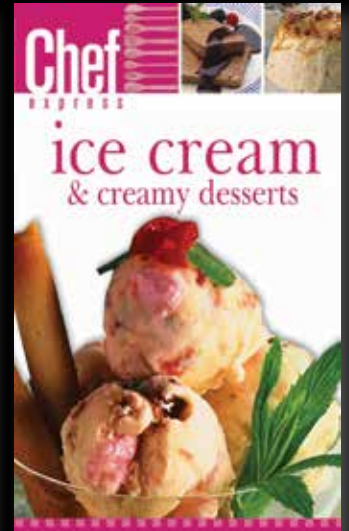
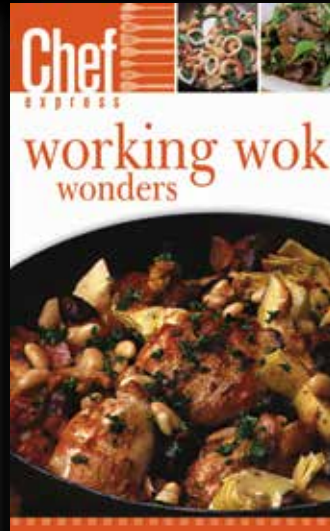
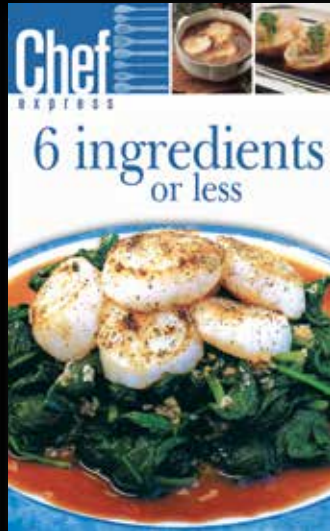
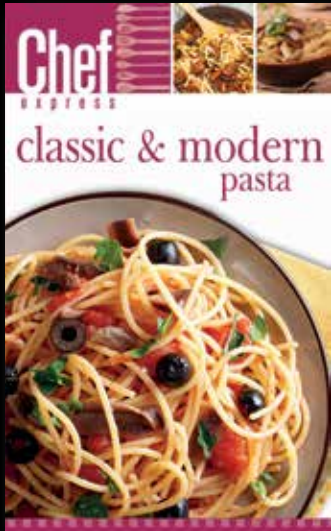
Chef

EXPRESS

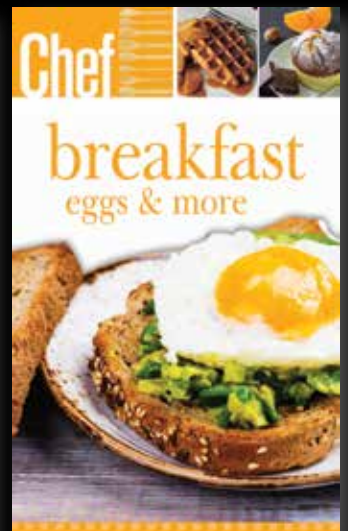
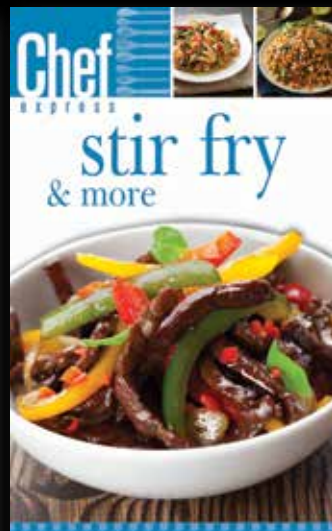
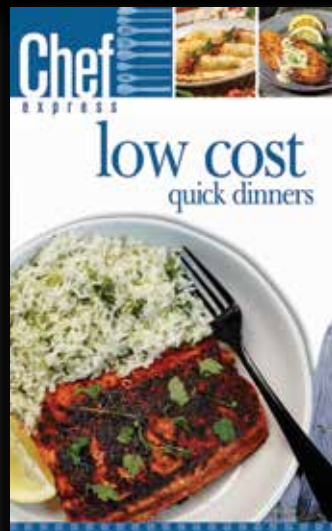
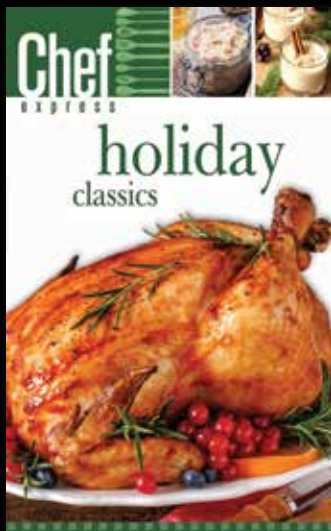
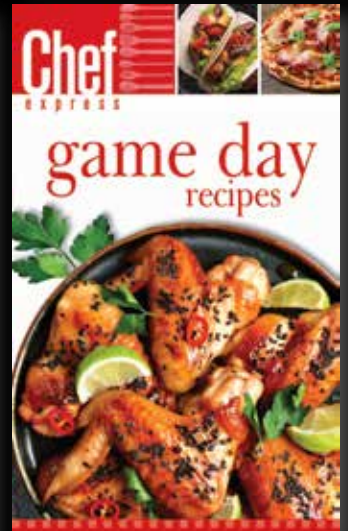
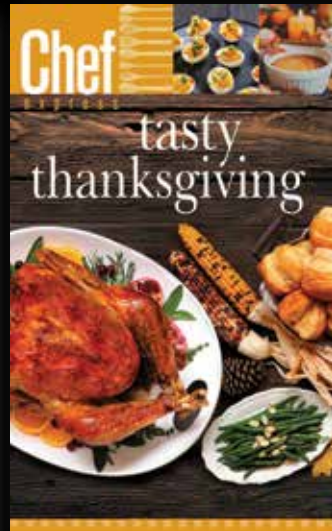
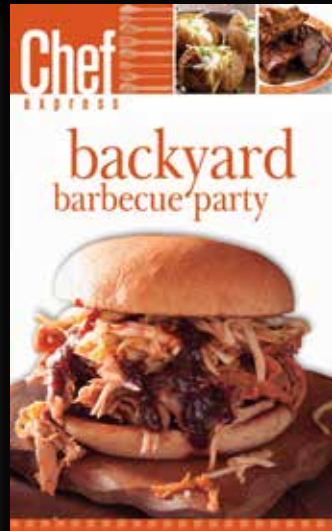
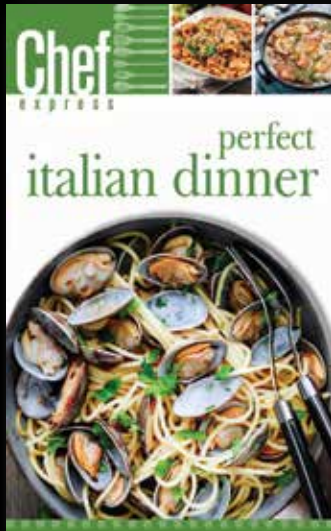
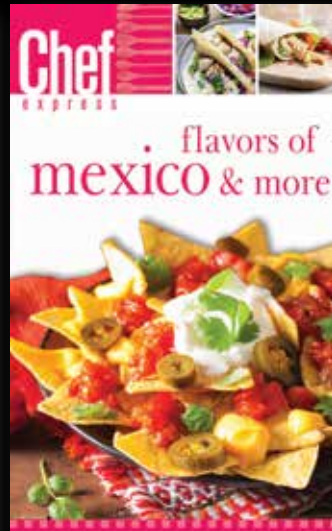
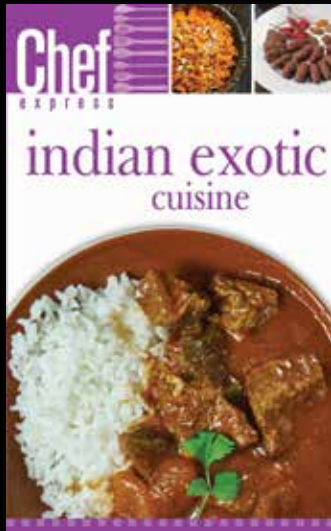


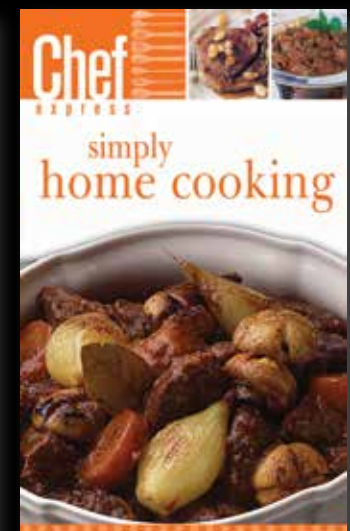
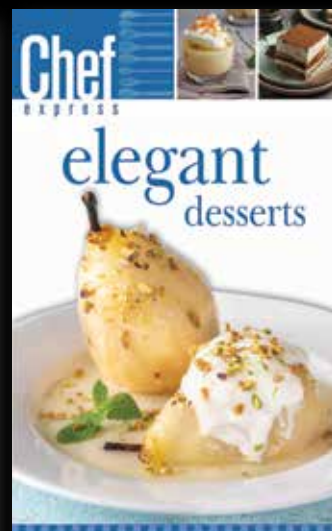
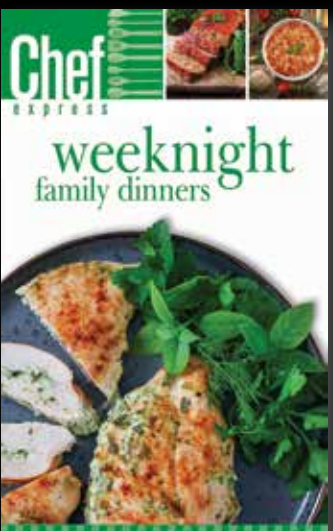
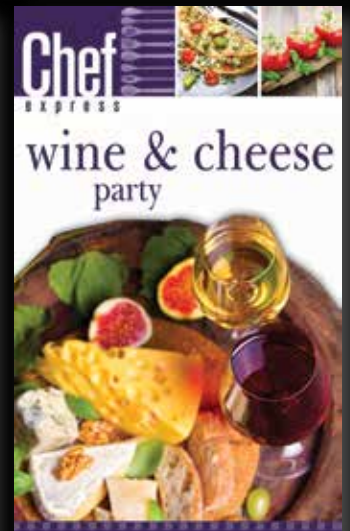
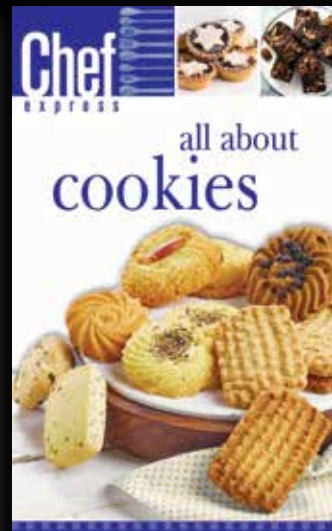
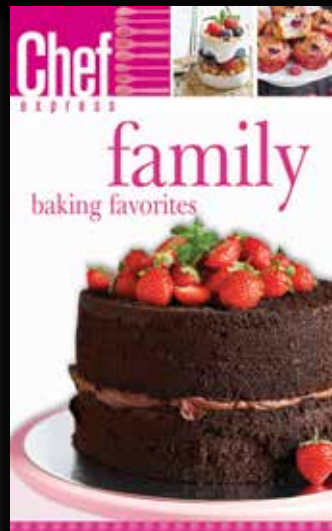
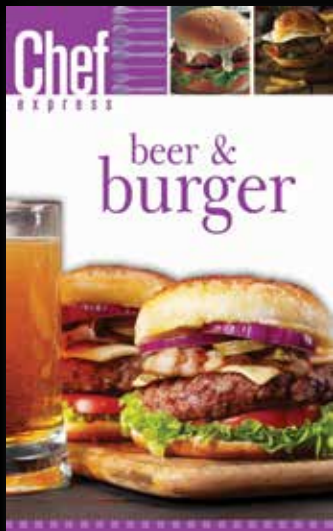
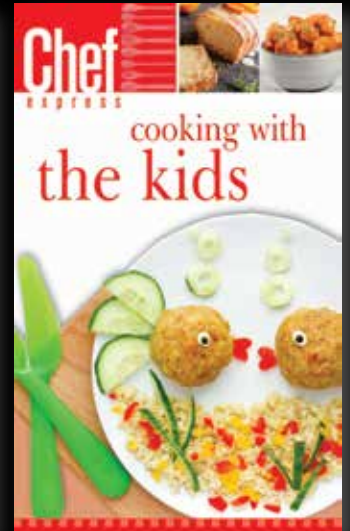
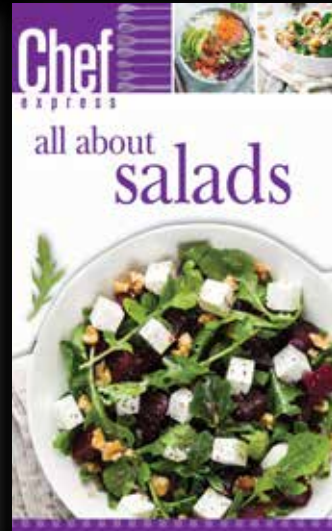
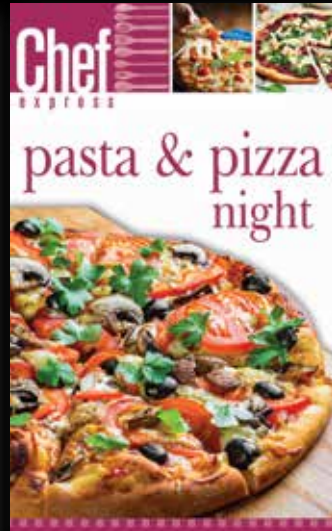
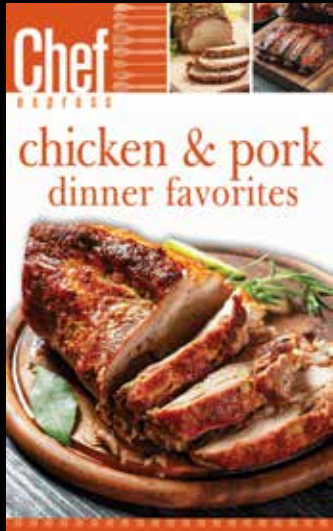
COLLECTION

- 76 BOOKS WITH 30 RECIPES EACH
- 64 PAGES
- 30 RECIPES PER BOOK
- 5 1/8" x 8 1/4" FORMAT



COLLECTION CHEF EXPRESS





CHEF SUCCESS

STEP BY STEP

For those who want **to learn to cook like a chef**, this collection features recipes of varying degrees of complexity with **detailed step-by-step photos**. Readers will discover all the **basic techniques** that both professionals and amateurs should know.



- DIGITAL & PRINT EDITIONS
- CUSTOM BRANDING
- LICENSES AVAILABLE

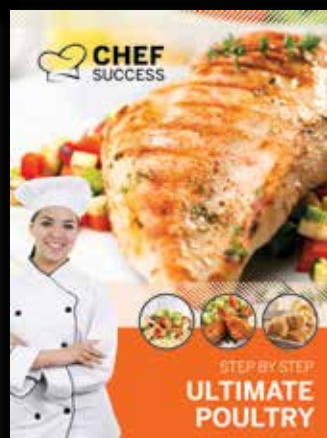
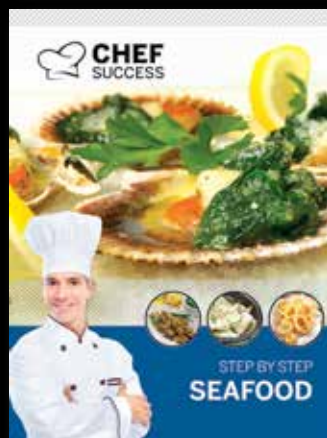
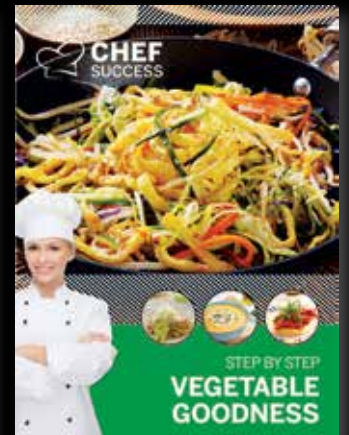
COLLECTION

- 8 BOOKS
- 64 PAGES
- 22 STEP-BY-STEP RECIPES PER BOOK + TECHNIQUES
- 8" X 10" FORMAT

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CHEF SUCCESS

STEP BY STEP



COLLECTION CHEF SUCCESS STEP BY STEP

Chef

S U C C E S S

A visually spectacular collection, made for readers with a **gourmet palate**. All the recipes that hosts need to **receive friends and celebrate family gatherings** have been included.

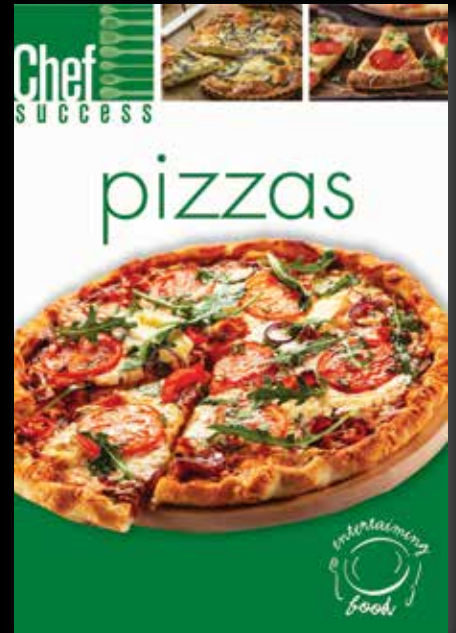
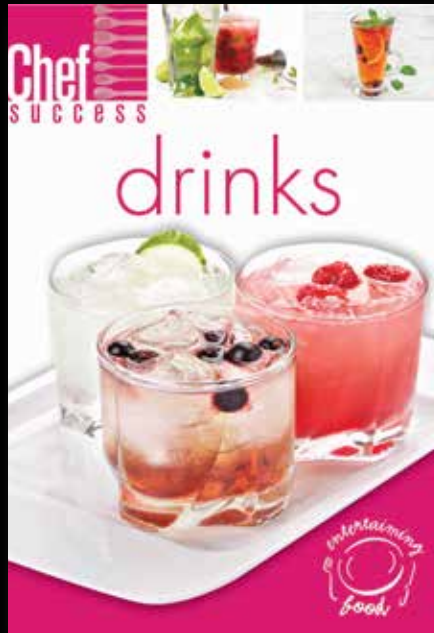
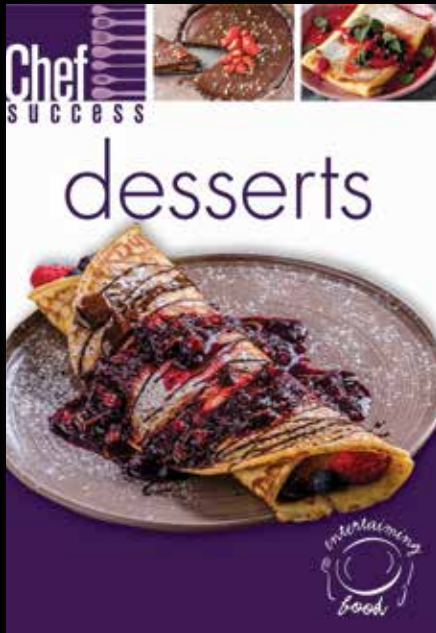
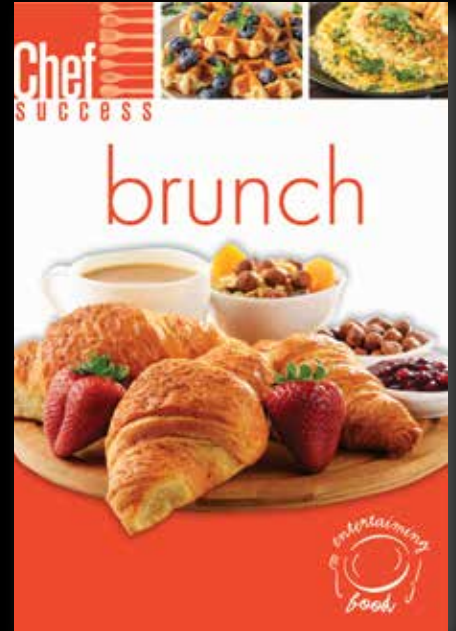
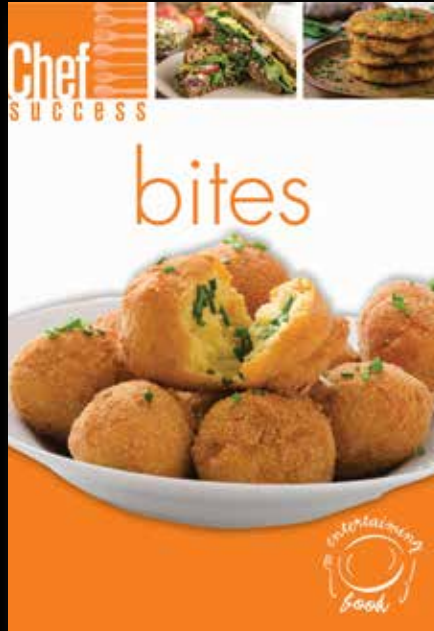
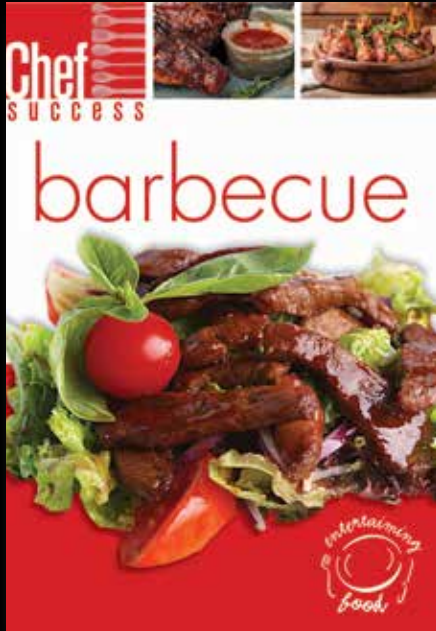


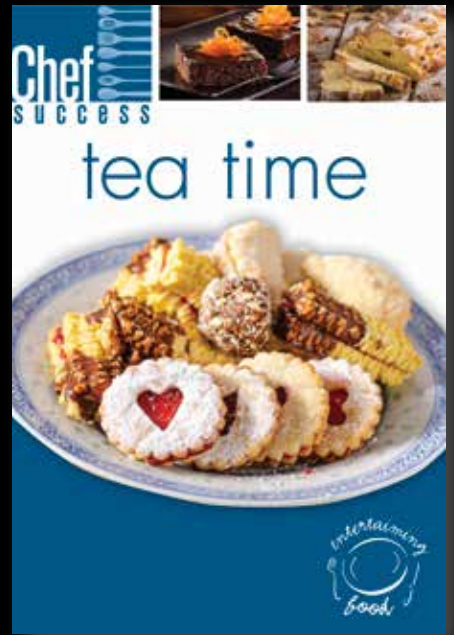
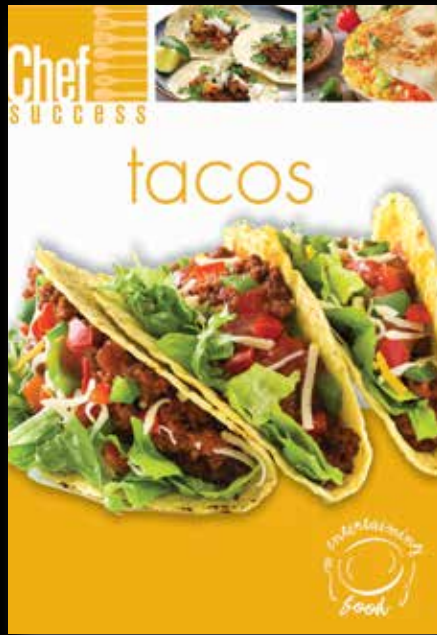
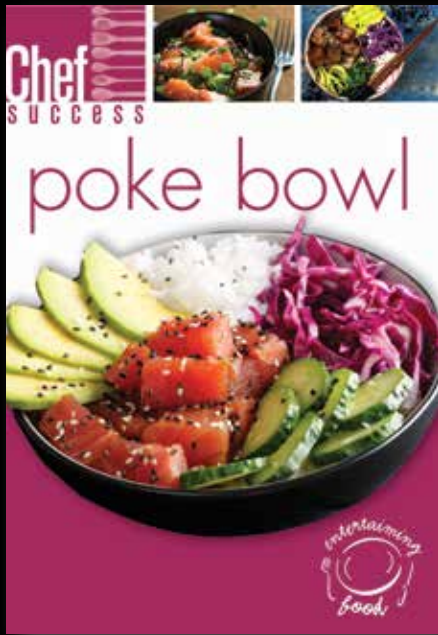
- DIGITAL & PRINT EDITIONS
- CUSTOM BRANDING
- LICENSES AVAILABLE

COLLECTION

- 12 BOOKS • 64 PAGES
- 27 RECIPES PER BOOK
- 8 ½" X 11" FORMAT

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Chef

S U C C E S S

With this carefully curated collection of recipes, readers will be able to create their **custom diet menu**. Delicious recipes featuring the necessary **nutritional information** for readers to choose according to the desired amount of calories. **Endorsed by nutritionists**, this collection is useful both as a culinary and a nutritional resource.



calorie
counters

- DIGITAL & PRINT EDITIONS
- CUSTOM BRANDING
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200
LESS THAN 200 CALORIES
PER SERVING

400
LESS THAN 400 CALORIES
PER SERVING

600
LESS THAN 600 CALORIES
PER SERVING



COLLECTION CHEF SUCCESS CALORIE COUNTERS



The following table of calorie requirements according to sex, age and amount of physical activity will help you design a diet that is more healthful and more enjoyable.

General table of calorie requirements

SEX AND AGE	Amount of activity	
	MINIMAL	MODERATE
13 to 17 years	2000 kcal (normal weight) (1000 kcal per day)	2500 kcal (normal weight) (1250 kcal per day)
18 to 24 years	2400 kcal (normal weight) (1200 kcal per day)	3000 kcal (normal weight) (1500 kcal per day)
25 to 34 years	2400 kcal (normal weight) (1200 kcal per day)	3000 kcal (normal weight) (1500 kcal per day)



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Chef

e x p r e s s
J U I C I N G

Fruits and vegetables are the best ally to stay healthy! This collection features the most **exquisite recipes for juices, shakes and smoothies**, allowing readers to incorporate their daily **dose of vitamins** in a fun, **colorful and delicious** way.

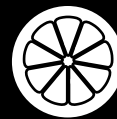
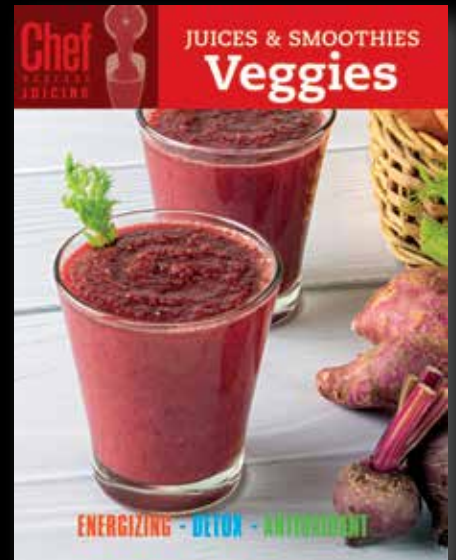


- DIGITAL & PRINT EDITIONS
- CUSTOM BRANDING
- LICENSES AVAILABLE

COLLECTION

- 10 BOOKS WITH 15 RECIPES EACH
- 32 PAGES WITH TEMPTING PHOTOGRAPHS
- 8 ½" X 11" FORMAT

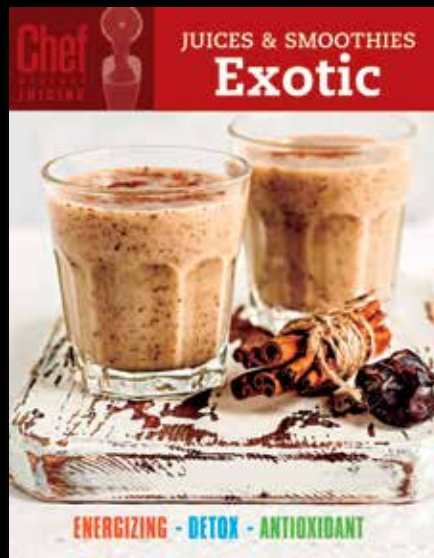
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ENERGIZING - DETOX - ANTIOXIDANT

Chef

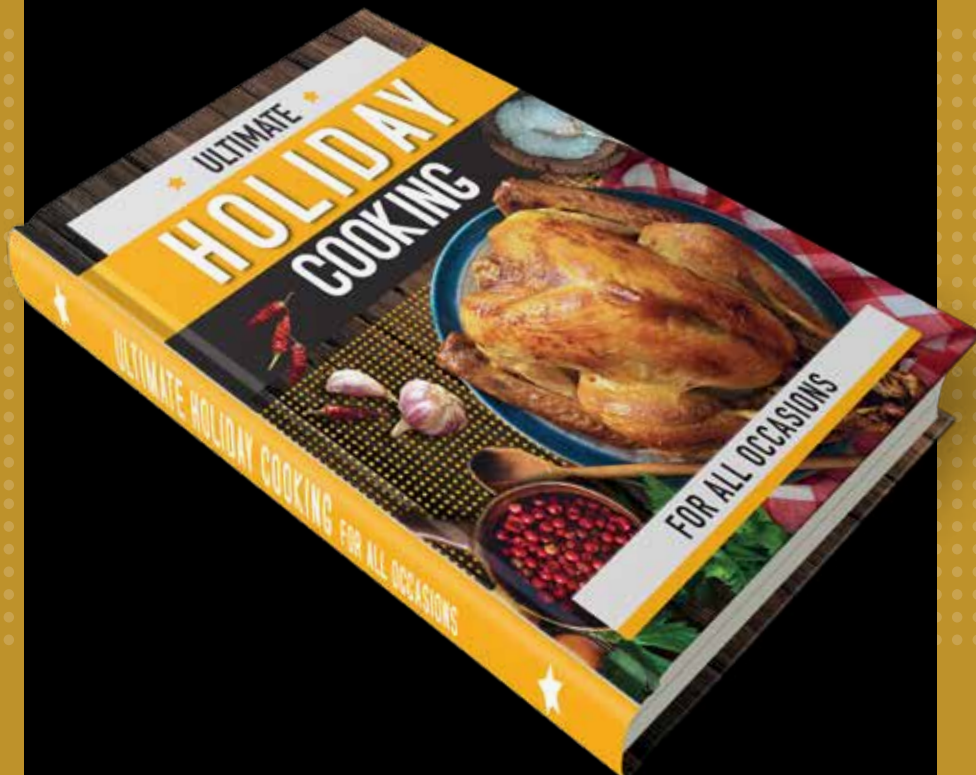
express
JUICING



ENERGIZING - DETOX - ANTIOXIDANT

COLLECTION ULTIMATE

Luxury books for different niches of the market! Ranging from bars and burger joints, to grills, restaurants, and the festive menu for the family, these high-end guides feature masterful recipes with modern photographs. The collection includes **5 titles with more than 200 pages each, in large format.**



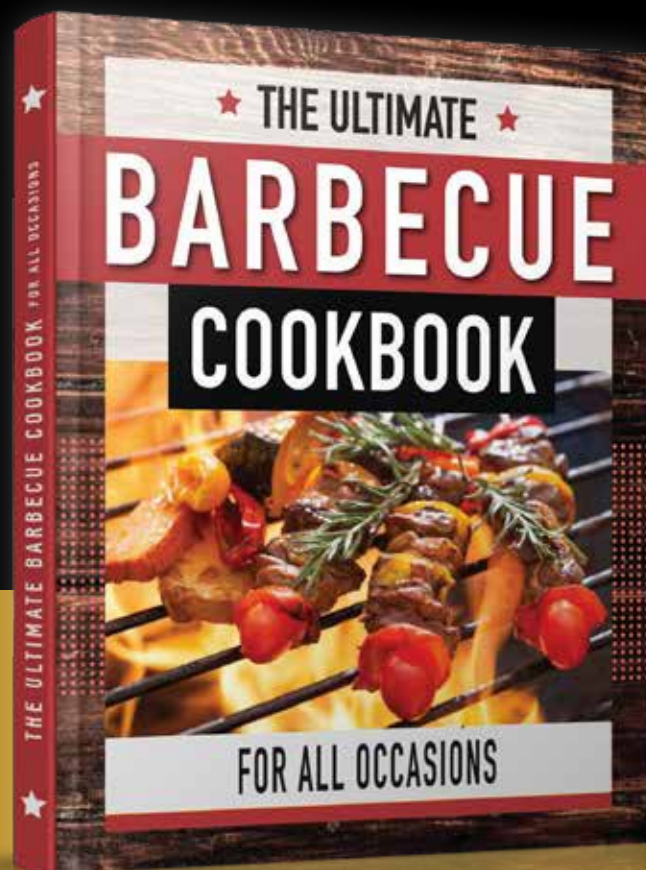
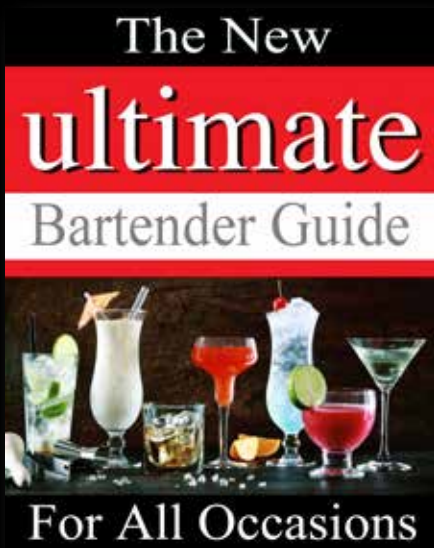
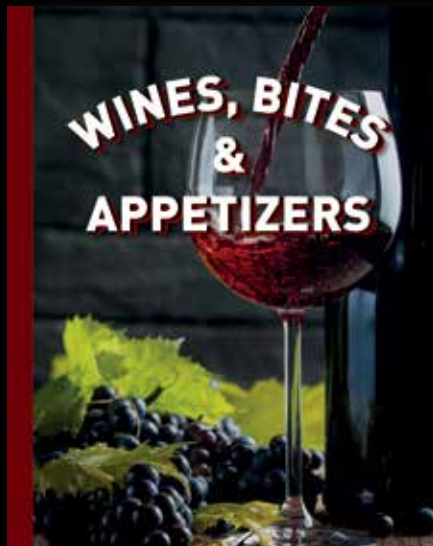
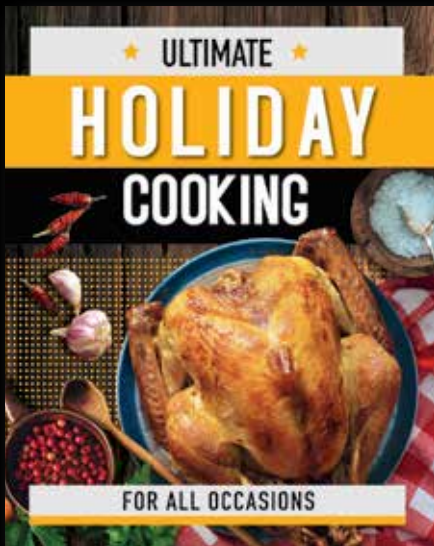
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