

Joan Betterley



Every Sailor's Guide
to Eating Right

Good Food Afloat

Joan Betterley



Good Food Afloat:

Good Food Afloat Joan Betterley,1986 **Good Food Afloat** Joan Betterley,1996 Sail away to proper nutrition Here s a galley wise guide to provisioning and a collection of delicious and healthy recipes for the whole cruising family Readers will by shipshape enjoying these original recipes and gourmet favorites with healthier ingredients substituted when appropriate

Cruising World ,1987-01 *All Hands* ,1985 Surface Warfare ,1980 **Cruising World** ,1987-01

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