

Joan Betterley



Every Sailor's Guide
to Eating Right

Good Food Afloat

B Lingard



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

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