

Low Calorie Cookbook

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Summary:

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American Heart Association Low-Calorie Cookbook: More than ... With the American Heart Association Low-Calorie Cookbook, cutting those calories is simpler than you may thinkâ€”and with such delectable recipes to savor, you won't even feel deprived! You'll find more than 200 fabulous recipes, none with more than 500 calories. Low-Calorie Cookbook by Reader's Digest Association Over 250 photographs and illustrations show off this mouthwatering collection of healthy recipes-rich in nutrition and flavor. Each recipe is 400 calories or under and features complete nutritional per serving information, quick nutrition boosters, and creative ideas for substitutions and delicious. Low-calorie cookbook. (Book, 1973) [WorldCat.org] Low-calorie cookbook.. [Betty Crocker] -- Provides recipes for low-calorie meats, main dishes, salads, vegetables, and desserts. [Betty Crocker] -- Provides recipes for low-calorie meats, main dishes, salads, vegetables, and desserts.

The Diet Chef's Low-Calorie Gourmet Cookbook : A Simple ... Geben Sie Ihren Suchbegriff ein ... Erweitert. "Good Housekeeping" Low Calorie Cookbook, Good ... Das Lieferdatum â€“ wird in einem neuen Fenster oder Reiter geÃ¶ffnet bezieht sich auf einen Zahlungseingang (z.B. per PayPal) am Tag des Kaufs und basiert auf der vom VerkÃ¤ufer angegebenen Bearbeitungszeit und der vom Versanddienstleister angegebenen Versandzeit. Low-Calorie Cookbook eBook de Valerie Ferguson ... Eating a low-calorie diet that is healthy, delicious and visually appealing has never been easier. This book offers a varied selection of recipes for soups, appetizers, fish, shellfish, poultry, meat and vegetarian dishes, plus desserts with modest calorie counts that will amaze you.

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