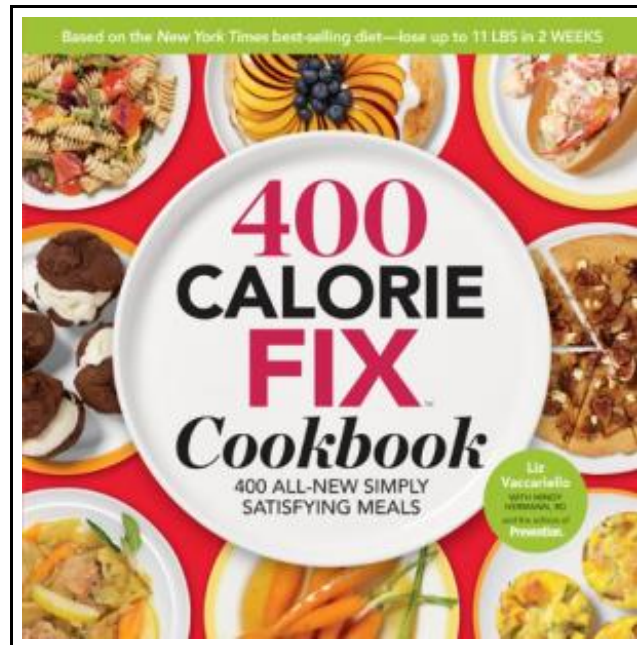


## The 400 Calorie Fix Cookbook: 400 All-New Simply Satisfying Meals



Filesize: 50.44 KB

### ***Reviews***

*The most effective ebook i possibly read. it was actually writtern quite completely and useful. I am just very happy to tell you that here is the best publication we have read through during my individual daily life and could be he greatest publication for possibly.*

***(Kennith Nicolas)***

## THE 400 CALORIE FIX COOKBOOK: 400 ALL-NEW SIMPLY SATISFYING MEALS



Rodale Books. Hardcover. Book Condition: New. Hardcover. 368 pages. This is a cookbook that reaches far beyond listing ingredients and directions. It actually trains you how to divide your plate into perfect portions for your body and weight loss plan, spy hidden calories on the shelves at grocery stores, and equip yourself with the fundamental 400 Calorie Fix knowledge needed to maintain healthy eating habits and a healthy lifestyle. Even if you're on a tight schedule, you'll be able to find quick menu items such as: A breakfast of Crpes with Strawberries, Bananas, and Nutella or Mexican Eggs Benedict Delectable lunchtime dishes like Turkey Chili Verde or Thai Beef Salad Exquisite entres such as Steamed Mussels with White Wine and Garlic, Shrimp Arrabbiata, or Golden Roast Chicken with Lemon, Garlic, and Rosemary Get control of your calorie intake and get control of your life with the help of the 400 Calorie Fix Cook-book! Treat others the way you want to be treated has always been the golden rule a philosophy that should apply to your body, too! So treat it nicely and keep all of your meals at about 400 calories, and a happy, healthy weight is yours. Together with registered dietitian Mindy Hermann, coauthor of the bestselling Flat Belly Diet! series, Liz Vaccariello has come up with this super simple-to-follow weight loss plan that helps you eat satisfying though smart meals whenever you want and wherever you are. I never really felt like I was on a diet. I always felt satisfied, and it didn't feel like I was making too many sacrifices. Sandi Hill, who lost 11 pounds in 2 weeks Whether you are pinched for time or you have all the time in the world and want to create a flavor-ful feast for your family, the 400 Calorie Fix Cookbook will guide you in making...



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