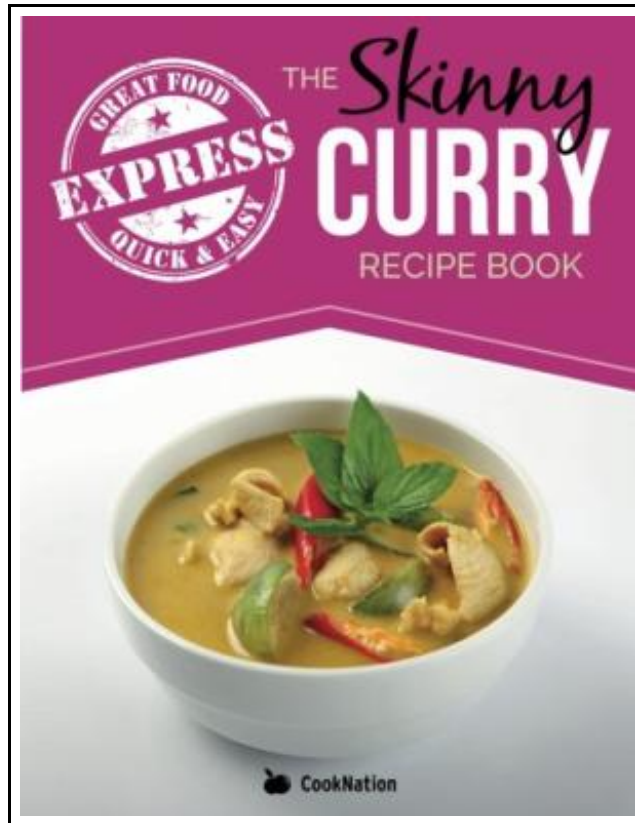# The Skinny Express Curry Recipe Book: Quick Easy Authentic Low Fat Indian Dishes Under 300, 400 500 Calories

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(Dr. Lily Wunsch II)

THE SKINNY EXPRESS CURRY RECIPE BOOK: QUICK EASY AUTHENTIC LOW FAT INDIAN DISHES UNDER 300, 400 500 CALORIES

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Bell Mackenzie Publishing, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The Skinny Express Curry Recipe Book Quick Easy Authentic Low Fat Indian Dishes Under 300, 400 500 CaloriesAuthentic Indian food any night of the week in 30 minutes or less. The Skinny EXPRESS Curry Recipe Book is the jewel in the crown of spice lovers who want delicious, authentic, simple and inexpensive low calorie Indian cooking.We ve stripped out lengthy prep times, uncommon spices and high fat, calorie heavy ingredients to create fresh and vibrant everyday healthy curries: all under 300, 400 and 500 calories each.Our Skinny Express Curries are made for those craving a modern, healthier, lighter and quicker way of enjoying authentic Indian food without the calories.You may also enjoy other titles in the skinny range. Just search CookNation .

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